ENERGY TIMES

Mineral Manual

What It Is	What It Does	How It Helps
CALCIUM	Maintains strong, healthy bones and teeth, which store 99% of the body's calcium supply; activates enzymes in fat and protein digestion and energy production; helps regulate contraction and relaxation of muscles, including the heart; aids absorption of many nutrients	Protects against osteoporosis and gum disease; evidence demonstrates it may help fight colon cancer; recent studies show calcium deficiency may lead to PMS distress
POTASSIUM	Required for enzymatic function of cells; regulates cellular water balance; helps convert glucose into glycogen for storage and release; used for nerve transmission, muscle contraction and hormone secretion	Stabilizes heart rhythm and blood pressure; helps prevent stroke; boosts energy and strength by regulating transfer of nutrients through cell membranes
IRON	Found in red blood cells that carry oxygen from lungs throughout body; also found in many enzymes affecting important chemical reactions; plays a role in function of immune system and is crucial to cognition	Provides a sense of vitality and general well being; enhances resistance to infection; stimulates energy and stamina during exercise; ignites mental abilities. Note: menopausal women and men usually do not need iron supplements.
MAGNESIUM	Stabilizes electrical signals in the heart; helps maintain normal insulin function; relaxes the arteries and muscles; helps build and possibly	May reduce risk of abnormal heart rhythms and osteoporosis; retards complications from diabetes, especially vision problems; promotes healthy pregnancy; helps lower cholesterol; relieves headache
SELENIUM	Inhibits oxidation of fats; antioxidant powers protect the immune system by preventing the formation of free radicals; inhibits growth of certain kinds of cancerous tumors; produces antibodies that maintain a healthy heart and liver and protects against	Research suggests it possesses the potential to protect against prostate cancer by slowing growth or reducing size of tumors; guards against infection and keeps

COPPER	Required for the production of white blood cell immune function; constitutes a component of insulin (controls blood sugar); interacts with brain chemicals to enhance memory and mental activity	Promotes wound healing, growth and thyroid hormone function; essential to fetal development; aids blood clotting; promotes sperm production and overall male reproductive health; helps the body fight cold viruses
ZINC	A constituent of many enzymes involved in reactions that defuse the harmful effects of oxygen and oxygen radicals; plays a role in protein metabolism; cooperates with iron in functions of red blood cells	Improves immune response and promotes wound healing (in conjunction with manganese); may protect against atherosclerosis by working with zinc to keep arteries flexible
IODINE	An indirect enzyme helper; it helps form certain thyroid hormones and assists in regulating cellular metabolic rates; helps regulate energy control mechanisms	May help the body fight breast cancer; may stimulate energy levels; particularly important for mental and physical development in children; a deficiency may sometimes make you gain weight
BORON	Works like estrogen to prevent loss of minerals from bone; enhances utilization of various forms of vitamin D	Protects against osteoporosis; enhances immune system and antiinflammatory processes (in partnership with various forms of vitamin D)
PHOSPHORUS	Activates many enzymes; required for carbohydrate, protein and fat oxidation; necessary for bone and tooth formation, energy production and nerve and muscle activity	Helps slow heart-harmful plaque accumulation by taking part in processes that limit the oxidation of lipids (fats) in the bloodstream
CHROMIUM	Stimulates activity of enzymes involved in cholesterol and fatty acid synthesis; works with the hormone insulin and is involved with glucose-as well as fat, protein and carbohyd rate-metabol ism	Believed to help fight Type 11 diabetes (blood sugar elevations due chiefly to the body's inability to use insulin effectively) and related problems: hypoglycemia, weight gain, high insulin, cardiovascular disease
MANGANESE	**A** component and catalyst of several enzymatic processes; necessary for protein and carbohydrate breakdown and for fatty acid, cholesterol, red blood cell and urea synthesis	Reduces and eases pain of prostate enlargement; battles atherosclerosis and heart disorders; may help lower cholesterol, promotes healthy function of the pancreas and the eyes
MOLYBDENUM	An enzymatic agent that plays a part in iron and nitrogen metabolism; promotes normal cell function	Low consumption associated with cancer, mouth and gum disorders and impotence in older men