

<https://www.b2cs.co.uk>



Minerals

MINERAL	WHAT IT DOES	WHERE IT IS FOUND
Calcium	<ul style="list-style-type: none">• Blood clotting• Bone and teeth formation• Constriction and relaxation of blood vessels• Hormone secretion• Muscle contraction• Nervous system function	<ul style="list-style-type: none">• Canned seafood with bones (e.g., salmon and sardines)• Dairy products• Fortified orange juice• Fortified plant-based beverages (e.g., soy, rice, and almond)• Fortified ready-to-eat cereals• Green vegetables (e.g., kale, broccoli, and collard greens)• Tofu (made with calcium sulfate)
Chloride	<ul style="list-style-type: none">• Acid-base balance• Conversion of food into energy• Digestion• Fluid balance• Nervous system function	<ul style="list-style-type: none">• Olives• Rye• Salt substitutes• Seaweeds (e.g., dulse and kelp)• Table salt and sea salt• Vegetables (e.g., celery, lettuce, and tomatoes)

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Chromium	<ul style="list-style-type: none">• Insulin function• Protein, carbohydrate, and fat metabolism	<ul style="list-style-type: none">• Broccoli• Fruits (e.g., apples and bananas)• Juices (e.g., grape and orange)• Meat• Spices (e.g., garlic and basil)• Turkey• Whole grains
Copper	<ul style="list-style-type: none">• Antioxidant• Bone formation• Collagen and connective tissue formation• Energy production• Iron metabolism• Nervous system function	<ul style="list-style-type: none">• Chocolate and cocoa• Crustaceans and shellfish• Lentils• Nuts and seeds• Organ meats (e.g., liver)• Whole grains
Iodine	<ul style="list-style-type: none">• Growth and development• Metabolism• Reproduction• Thyroid hormone production	<ul style="list-style-type: none">• Breads and cereals• Dairy products• Iodized salt• Potatoes• Seafood• Seaweed• Turkey

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Iron	<ul style="list-style-type: none">• Energy production• Growth and development• Immune function• Red blood cell formation• Reproduction• Wound healing	<ul style="list-style-type: none">• Beans• Eggs• Fruits (e.g., raisins and prunes)• Green vegetables (e.g., spinach, kale, broccoli, and collard greens)• Meat• Nuts• Organ meats (e.g., liver)• Peas• Poultry• Seafood (e.g., tuna, sardines, haddock, shrimp, and oysters)• Seeds• Soy products (e.g., tofu)• Whole grain, enriched, and fortified breads,
Magnesium	<ul style="list-style-type: none">• Blood pressure regulation• Blood sugar regulation• Bone formation• Energy production• Hormone secretion• Immune function• Muscle contraction• Nervous system function• Normal heart rhythm• Protein formation	<ul style="list-style-type: none">• Avocados• Beans and peas• Dairy products• Fruits (e.g., bananas and raisins)• Green leafy vegetables (e.g., spinach)• Nuts and pumpkin seeds• Potatoes• Whole grains

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Manganese	<ul style="list-style-type: none">• Carbohydrate, protein, and cholesterol metabolism• Cartilage and bone formation• Wound healing	<ul style="list-style-type: none">• Beans• Nuts• Pineapple• Spinach• Sweet potato• Whole grains
Molybdenum	<ul style="list-style-type: none">• Enzyme production	<ul style="list-style-type: none">• Beans and peas• Nuts• Whole grains
Phosphorus	<ul style="list-style-type: none">• Acid-base balance• Bone formation• Energy production and storage• Hormone activation	<ul style="list-style-type: none">• Beans and peas• Dairy products• Meat• Nuts and seeds• Poultry• Seafood• Whole grain, enriched, and fortified cereals

Minerals

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Potassium	<ul style="list-style-type: none">• Blood pressure regulation• Carbohydrate metabolism• Fluid balance• Growth and development• Heart function• Muscle contraction• Nervous system function• Protein formation	<ul style="list-style-type: none">• Beans• Dairy products (e.g., milk and yogurt)• Fruits (e.g., bananas, dried apricots, and stewed prunes)• Juices (e.g., carrot and other vegetable juices, orange, pomegranate, and prune)• Seafood (e.g., clams and salmon)• Tomato products• Vegetables (e.g., potatoes, sweet potatoes, beet greens, and spinach)
Selenium	<ul style="list-style-type: none">• Antioxidant• Immune function• Reproduction• Thyroid function	<ul style="list-style-type: none">• Eggs• Enriched pasta and rice• Meat• Nuts (e.g., Brazil nuts) and seeds• Poultry• Seafood• Whole grains
Boron	<ul style="list-style-type: none">• Bone Health• Metabolism• Response to Hormones	<ul style="list-style-type: none">• Prune Juice• Raw Avocado• Raisins• Peaches• Peanuts• Apples• Broccoli• Coffee

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Sodium	<ul style="list-style-type: none">• Acid-base balance• Blood pressure regulation• Fluid balance• Muscle contraction• Nervous system function	<ul style="list-style-type: none">• Breads and rolls• Burritos and tacos• Cheese• Chicken• Cold cuts and cured meats• Egg dishes and omelets• Pizza• Sandwiches (e.g., hamburgers, hot dogs, and submarine sandwiches)• Snack foods (e.g., chips, crackers, microwave popcorn, and pretzels)
Zinc	<ul style="list-style-type: none">• Growth and development• Immune function• Nervous system function• Protein formation• Reproduction• Taste and smell• Wound healing	<ul style="list-style-type: none">• Beans and peas• Beef• Dairy products• Fortified cereals• Nuts• Poultry• Shellfish

Always check the daily amounts to be taken. Never exceed the recommended daily dose without medical advice.

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