

Part two:

Vitamins and Minerals



Vitamins and minerals are essential nutrients we require day to day because of the many roles they play inside the body. These essential nutrients can be obtained by eating a healthy and varied diet however due to several factors, supplements are required to fulfil the low nutrient intake.

Water Soluble Vitamins

- + Vitamin B
- + Vitamin C

Absorbed directly into the bloodstream but only in limited amounts. Excess vitamins are removed in urine as waste.

Fat Soluble Vitamins

- + Vitamin A
- + Vitamin D
- + Vitamin E
- + Vitamin K

Enters the blood via carrier proteins and are stored in fats to be released once required.

Major Minerals













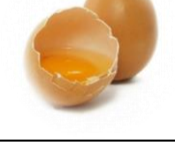












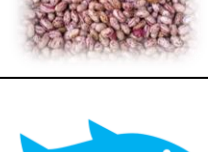




- + Calcium
- + Chloride
- + Magnesium
- + Phosphorus
- + Potassium
- + Sodium
- + Sulphur

Maintain the proper balance of water in the body.

Trace Minerals

- + Chromium
- + Copper
- + Fluoride
- + Iodine
- + Iron
- + Manganese
- + Molybdenum
- + Selenium
- + Zinc

Essential minerals only required in small amounts.

Mineral	Function	Sources	
Ca Calcium	+ Bone development and maintenance		
Cl Chloride	+ Electrolyte + Maintains proper fluid balance + Maintains proper blood volume and blood pressure		
Mg Magnesium	+ Enzyme cofactor which requires ATP + Metabolism		
Ph Phosphorus	+ Energy production and transportation		
K Potassium	+ Maintain the proper balance of water in the body + Blood pressure regulation		
Na Sodium	+ Maintains proper fluid balance + Maintains proper blood volume and blood pressure		
S Sulphur	+ Detoxification + Mild antiseptic and antifungal + Keratolytic		
Cr Chromium	+ Maintains normal blood sugar levels + Metabolism + Increases insulin response		
Cu Copper	+ Bone formation + Iron absorption + Assists in the production of hemoglobin		
I Iodine	+ Thyroid gland function		
Fe Iron	+ Oxygen transport and storage + Red blood cell production		
Mn Manganese	+ Enzyme activator + Bone formation + Metabolism		
Mo Molybdenum	+ Enzyme cofactor + Process proteins + Metabolism		
Se Selenium	+ Acts as an antioxidant + Thyroid function		
Zn Zinc	+ Metabolism + Immune function + Reproduction + Wound healing		

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