

# Mineral Deficiency Diseases

***"99% of all Americans are deficient in these minerals, and a marked deficiency in any one of these vital nutrients actually results in disease."*** U.S. Senate Document # 264

**Acne:** Zinc, Sulfur

**Anemia:** Iron, Cobalt, Copper, Selenium

**Arthritis:** Calcium, Copper, Magnesium, Potassium, Boron

**Asthma:** Manganese, Zinc, Potassium

**Brittle Nails:** Iron, Zinc

**Birth Defects:** Zinc, Copper, Cobalt, Selenium, Magnesium, Manganese

**Cancer:** Selenium, Germanium

**Candida:** Zinc, Selenium, Chromium

**Cardiovascular Disease:** Calcium, Copper, Magnesium, Potassium, Selenium, Manganese

**Chronic Fatigue:** Zinc, Selenium, Chromium, Vanadium

**Constipation:** Iron, Magnesium, Potassium

**Cramps:** Calcium, Sodium

**Depression:** Calcium, Sodium

**Diabetes:** Chromium, Vanadium, Zinc

**Digestive Problems:** Chlorine, Chromium, Zinc

**Eczema:** Zinc

**Edema:** Potassium

**Goiter (Low Thyroid):** Iodine, Copper

**Hair Loss:** Copper, Zinc

**Graying Hair:** Copper

**Hyperactivity:** Chromium, Zinc, Magnesium, Lithium

**Hypothermia:** Magnesium

**Immune System Weakness:** Zinc, Selenium, Chromium

**Impotence:** Selenium, Zinc, Manganese, Calcium, Chromium

**Infertility:** Calcium, Zinc, Selenium, Chromium, Copper, Cobalt, Manganese

**Liver Dysfunction:** Cobalt, Selenium, Chromium, Zinc

**Low Blood Sugar (Hypoglycemia):** Chromium, Vanadium, Zinc

**Memory Loss:** Manganese

**Muscular Weakness/Dystrophy (also Cystic Fibrosis):** Selenium, Potassium, Manganese

**Nervousness:** Magnesium

**Osteoporosis:** Calcium, Magnesium, Boron

**PMS:** Zinc, Chromium, Selenium

**Receding Gums (Periodontitis, Gingivitis):** Calcium, Potassium, Magnesium, Boron

**Sexual Dysfunction:** Selenium, Zinc, Manganese

**Wrinkles and Sagging (Facial Aging):** Copper

**PLEASE NOTE:** This is not a diagnostic chart and should not be used in place of your health professional to determine your recovery program. After all isolated minerals do not work well without a nutritional program, which contains trace minerals in an appropriate balance.