

# FACTS ABOUT MINERALS

Minerals are important for your body to stay healthy. Your body uses minerals for many different jobs, including keeping your bones, muscles, heart, and brain working properly. Minerals are also important for making enzymes and hormones. The body needs many minerals; these are called essential minerals. Essential minerals are sometimes divided up into major minerals - macromineral's and trace minerals - microminerals. These two groups of minerals are equally important, but trace minerals are needed in smaller amounts than major minerals.

The amounts needed in the body are not an indication of their importance.

- You need larger amounts of macromineral's.
- You only need small amounts of trace minerals.

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