

## MAJOR MINERALS

# Sulphur

Sulphur is an essential element for the human body, but it is primarily required in the form of sulphur-containing amino acids rather than elemental sulphur itself. Sulphur is a component of several amino acids, which are the building blocks of proteins.

The two most notable sulphur-containing amino acids are methionine and cysteine. While sulphur itself is not typically consumed as a dietary nutrient, sulphur-containing amino acids like methionine and cysteine are essential components of a balanced diet. These amino acids are found in a variety of protein-rich foods, including meat, poultry, fish, eggs, dairy products, legumes, and nuts. The body can also synthesise some cysteine from methionine, but it relies on dietary sources for an adequate supply of these amino acids.

### Some benefits include:

#### Amino Acid Synthesis

Sulphur is a crucial component of methionine and cysteine, both of which are essential amino acids.

#### Protein Structure

Cysteine, in particular, is known for forming bonds with other cysteine molecules within and between proteins.

#### Detoxification

Sulphur-containing compounds are involved in various detoxification processes in the liver.

#### Connective Tissue and Joint Health

Sulphur is a component of compounds like chondroitin sulphate and glucosamine.

#### RDA

Adults - N/A

