**Calcium (Ca)**  
Calcium is the most abundant mineral in the human body and one of the most important. This mineral constitutes about 1.5-2.0 percent of our body weight. Almost all (98 percent) of our approximately three pounds of calcium is contained in our bones, about 1 percent in our teeth, and the rest in the other tissues and the circulation.

**Iodine (I)**  
Iodine is responsible for the production of thyroid hormones that regulate the metabolic energy of the body and set the basal metabolic rate. Iodine is used in the production of hormones (such as thyroxine, thyroxin) by the thyroid gland, which in turn regulates the conversion of fat to energy, stabilizing our body weight as well as controlling our cholesterol levels.

When iodine is deficient the thyroid gland enlarges (referred to as a goiter) to maximize the amount of iodine to be extracted from the blood, and if this problem is not corrected, a shortage of this hormone in the body may lead to constipation, obesity, weakness, mental slowness as well as mental problems.

**Magnesium (Mg)**  
Magnesium is a very important essential macromineral, even though there are only several ounces in the body (0.05 percent of body weight). It is involved in several hundred enzymatic reactions, many of which contribute to production of energy and cardiovascular function.

**Zinc (Zn)**  
Zinc is an essential mineral that is found in almost every cell. It stimulates the activity of approximately 100 enzymes, which are substances that promote biochemical reactions in your body. Zinc supports a healthy immune system, is needed for wound healing, helps maintain your sense of taste and smell, and is needed for DNA synthesis. Zinc also supports normal growth and development during pregnancy, childhood, and adolescence.

**Vitamin C—ascorbic acid** this miracle vitamin cannot be manufactured by the body, and needs to be ingested. Vitamin C (Ascorbic Acid) is a very important essential nutrient, that is, we must obtain it from diet.  It helps the body make collagen, an important protein used to make skin, cartilage, tendons, ligaments, and blood vessels. It is found only in the fruit and vegetable foods and is highest in fresh, uncooked foods. Sources of vitamin C are green leafy vegetables, berries, citrus fruits, guavas, tomatoes, melons, papayas, etc

**Vitamin B12—**B12 is unique in that it is the only vitamin that contains an essential mineral--namely, cobalt. Cobalt is thereby needed to make B12 and so is essential for health. It is often used with older people to give an energy boost, assist in preventing mental deterioration and helps with speeding up thought processes. This vitamin is also used in the metabolism of fats, proteins and carbohydrates.

**Vitamin A** helps form and maintain healthy skin, teeth, skeletal and soft tissue, mucus membranes, and skin. It is also known as retinol because it produces the pigments in the retina of the eye. **Vitamin** A promotes good vision, especially in low light.

**Vitamin D—calciferol** Vitamin D is also known as the "sunshine" vitamin because it is actually manufactured in the human skin when in contact with the ultraviolet light in the sun’s rays. Vitamin D helps with increasing the absorption of calcium, assists in bone growth and the integrity of bone and promotes strong teeth. It also helps regulate the amount of phosphorus in the body as well as assisting in a healthy heart and nervous system.

**Vitamin E** is an antioxidant. This means it protects body tissue from damage caused by substances called free radicals, which can harm cells, tissues, and organs. They are believed to play a **role** in certain conditions related to aging.

**Vitamin K** is a fat-soluble **vitamin** that is most well known for the important **role** it plays in blood clotting. However, **vitamin K** is also absolutely essential to building strong bones, preventing heart disease, and crucial part ofother bodily processes.