



Minerals

Your body uses minerals for many different jobs, including building bones, making hormones and regulating your heartbeat. So minerals are important for your body to stay healthy.

There are two types of minerals: macro-minerals which your body needs in larger amounts and trace minerals which your body only needs small amounts. Micro-minerals include calcium, potassium, sulphur, magnesium, sodium, chloride and phosphorus. Trace minerals include iron, manganese, selenium, zinc, copper, cobalt and iodine. The best way to get the minerals your body needs is by eating a wide variety of foods.

How minerals support wellbeing	Minerals support foods
Many processes and structures in the body require minerals in order to function at their optimum level. Minerals are a key part in the enzyme processes which are the drivers behind all of the body's metabolic processes. They also play a role in structure, muscle action and nerve transmission. You need a wide variety of minerals to help support and maintain the myriad of underlying mechanisms which will in turn support optimized wellness.	<ul style="list-style-type: none">• Green Leafy Vegetables• Nuts (all)• Whole Grains• Fish• Shellfish• Broccoli• Cabbage• Kale• Brown Rice• Eggs• Mushrooms• Seaweed• Lentils• Beans• Tomatoes <p>*There are many other Mineral support foods, these are some of the common examples.</p>

We recommend that you get your epigenetics assessed regularly to prevent mineral and wellbeing challenges.