# IMPORTANT MINERALS FOR YOUR HEALTH: NUTRIENT QUICK GUIDE

Minerals are essential to life and play a vital role in all areas of health. Use our Quick Guide to pinpoint possible deficiencies and how to reverse them through food and/or supplements.

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Optimal Intake Range</th>
<th>Signs You Need More/Good for</th>
<th>Best Food Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. CALCIUM</td>
<td>250–1,500 mg</td>
<td>• Hypertension • PMS • Osteoporosis • Bone fractures • Muscle weakness or muscle spasms • Fatigue • Irritability • Pins and needles sensations • Strong teeth</td>
<td>Dairy (e.g., milk, yogurt, cheese) White beans Canned salmon Sardines Blackstrap molasses Kale Collard greens Broccoli Black-eyed peas Almonds Oranges</td>
</tr>
<tr>
<td>2. MAGNESIUM</td>
<td>250–500 mg</td>
<td>• Anxiety and irritability • Back and/or neck pain • Fatigue or low energy • Hyperactivity • Constipation • Fibromyalgia • Anxiety and depression • Impaired cognitive function • Impaired coordination • Involuntary eye movements • Migraine, cluster, or tension headaches • Memory problems • Menstrual cramps and PMS symptoms • Muscle cramps • Muscle spasms • Muscle tension or weakness • Muscle tremors • Palpitations • Tics • Vertigo (dizziness)</td>
<td>Spinach Swiss chard Pumpkin seeds Yogurt Kefir Almonds Black beans Avocado Figs Dark chocolate Banana</td>
</tr>
</tbody>
</table>
### 3. Zinc

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<th>Deficiency Symptoms</th>
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| 15–45 mg | Poor wound healing  
Reduced sense of taste and smell  
Frequent colds and flu; weakened immunity  
Hair loss  
Weak nails that split and peel  
Skin conditions (e.g., eczema, acne, seborrheic dermatitis)  
Male infertility  
Diabetes  
Macular degeneration and cataracts  
Benign prostatic hyperplasia (BPH)  
PMS  
Inflammatory bowel disease  
Rheumatoid arthritis  
Ulcers |
|        | Oysters  
Beef  
Lamb  
Sesame seeds  
Pumpkin seeds  
Lentils  
Garbanzo beans  
Cashews  
Turkey  
Quinoa |

### 4. Selenium

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| 100–200 mcg | Symptoms of hypothyroidism  
(e.g., extreme fatigue, mental slowing, recurrent miscarriage, goiter)  
Hair loss  
Discolored nails  
Low immunity  
Fatigue (can be extreme at times)  
Brain fog  
Reproductive problems |
|        | Brazil nuts  
Yellowfin tuna  
Halibut  
Sardines  
Grass-fed beef  
Turkey  
Beef liver  
Chicken  
Egg  
Spinach |

### 5. Potassium

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| 200–500 mg | Weakness, especially in the arm or leg muscles  
Muscle cramping  
Fatigue  
Constipation  
Nausea or vomiting  
Palpitations  
Tingling or numbness |
|        | Avocado  
Spinach  
Sweet potato  
Coconut water  
Kefir  
Yogurt  
White beans  
Banana  
Acorn squash  
Dried apricots  
Mushrooms |

### 6. Iodine

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| 50–150 mcg | Symptoms of hypothyroidism  
(e.g., extreme fatigue, mental slowing, recurrent miscarriage, goiter)  
Asthma  
Fibrocystic breast disease  
Elevated blood sugar levels, difficulty losing weight |
|        | Sea vegetables (e.g., kelp, kombu, wakame)  
Cranberries  
Organic yogurt  
Organic navy beans  
Organic strawberries  
Organic, raw cheese  
Organic potatoes |

### 7. Iron

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| 15–30 mg | Anemia (symptoms include fatigue, dizziness, irritability, brittle nails, chest pain, cold hands or feet, and irregular heartbeat)  
Low immunity (e.g., chronic infections, frequent colds)  
Impaired brain function (e.g., decreased attentiveness, narrower attention span, decreased persistence) |
|        | Beef  
Pork  
Buffalo  
Venison  
Elk  
Ostrich  
Beef and chicken livers  
Dark-meat chicken and turkey  
Fish  
Molasses  
Teff  
Amaranth  
Quinoa  
White beans  
Chickpeas  
Dried fruit |