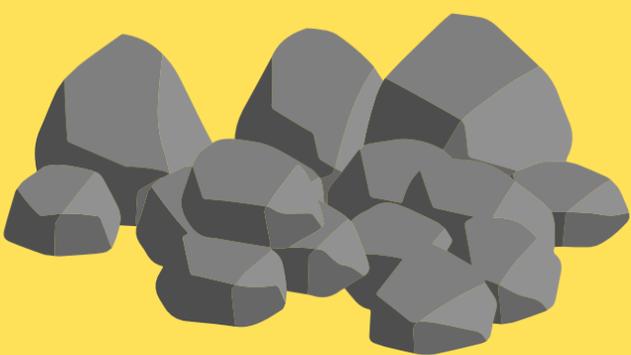


MINERALS

ALL LIVING THINGS
ARE ORGANIC
(CARBON-BASED).



MINERALS ARE
INORGANIC
(NOT CARBON-BASED).



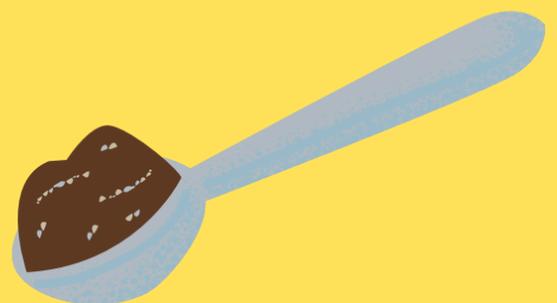
THEY ARE CHEMICAL
COMPOUNDS OR
NATURAL ELEMENTS
FOUND IN THE EARTH.



AND YOUR BODY
NEEDS THEM TO
FUNCTION PROPERLY.



YOU CAN GET PLENTY
OF THE MINERALS YOU
NEED BY EATING A
SCOOP OF DIRT.



BUT THAT DOESN'T
SOUND VERY TASTY,
SO LET'S TALK ABOUT
FINDING THEM IN
FOOD INSTEAD.



MINERALS ARE
FOUND HERE.

IN SOIL & DIRT!

PLANTS OBTAIN
MINERALS FROM
SOIL AS THEY GROW.

MINERALS

MINERALS GO INTO
THE FOOD THAT
PLANTS PRODUCE.

MINERALS

MINERALS

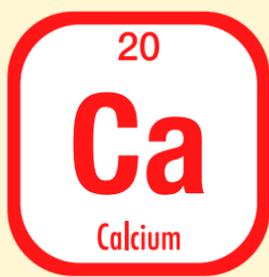
BY THE TIME THE
FOOD IS READY TO
BE HARVESTED, IT IS
FULL OF NUTRITIOUS
MINERALS.

MUCH BETTER THAN
EATING DIRT, RIGHT?

MINERALS

THERE ARE 7 MAJOR MINERALS

OUR BODIES NEED THEM IN LARGE
QUANTITIES (100+ MCG PER DAY)



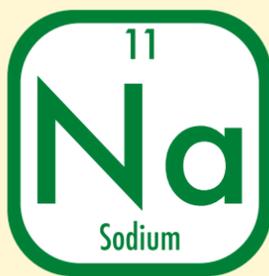
CALCIUM



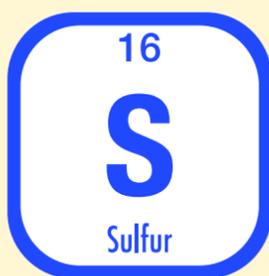
CHLORIDE*



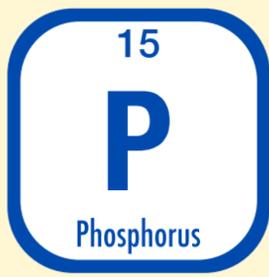
MAGNESIUM



SODIUM



SULFUR



PHOSPHORUS



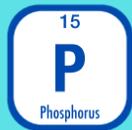
POTASSIUM

* **Chlorine (Cl)** = Element on periodic table (atomic #17)

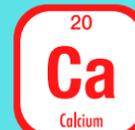
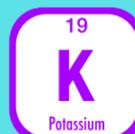
Chloride (Cl⁻) = Chlorine +1 electron (negatively-charged Chlorine)

MAJOR MINERALS HELP YOUR BODY DO ITS THING.

SUPPORT TOOTH
& BONE HEALTH



HELP NERVES
SEND MESSAGES



PRODUCE &
STABILIZE PROTEINS



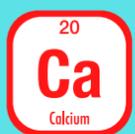
BALANCE
BODY ACIDS



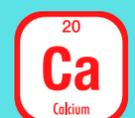
REGULATE
BODY FLUIDS



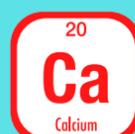
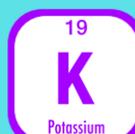
REGULATE
BLOOD PRESSURE



HELP
BLOOD CLOT



HELP MUSCLES
CONTRACT



SUPPORT
HAIR, SKIN,
& NAIL HEALTH



SUPPORT
IMMUNE SYSTEM



YOUR BODY ALSO NEEDS

TRACE MINERALS

"TRACE" DOES NOT MEAN THEY ARE
LESS IMPORTANT THAN MAJOR MINERALS.

IT MEANS YOU NEED THEM IN SMALLER QUANTITIES
(<100 MCG PER DAY)

COBALT

energy production, blood cell
production & functioning, infection prevention

COPPER

energy production, iron metabolism, connective tissue
health, neurotransmission, blood oxygen transportation

IODINE

metabolism functioning, weight
management, body fat regulation, brain health

IRON

red blood cell & lean muscle formation

MANGANESE

metabolism functioning,
bone development, wound healing

MOLYBDENUM

protein processing, DNA processing,
breaking down of toxic substances

SELENIUM

metabolism functioning, DNA synthesis, protection
from oxidative damage & infections, reproduction

ZINC

child growth & development, immune system
functioning, neurological functioning, reproduction

SHOUT-OUT TO SOME POWERHOUSE FOODS PACKED WITH MINERALS



NUTS & SEEDS

COPPER, IRON,
MAGNESIUM, MANGANESE,
MOLYBDENUM, PHOSPHORUS,
SELENIUM, ZINC



BEANS

COPPER, IRON,
MAGNESIUM, MANGANESE,
MOLYBDENUM, PHOSPHORUS,
POTASSIUM, ZINC



LEAFY GREENS

CALCIUM, CHLORIDE,
CHROMIUM, IRON,
MAGNESIUM,
MANGANESE, POTASSIUM



BERRIES

CALCIUM, COPPER,
IRON, MANGANESE,
POTASSIUM



STARCHY VEGGIES

IODINE, MAGNESIUM,
MANGANESE,
POTASSIUM



WHOLE GRAINS

CHROMIUM, COPPER,
IODINE, IRON, MAGNESIUM,
MANGANESE, PHOSPHORUS,
SELENIUM, ZINC



COCOA

COPPER, IRON,
MAGNESIUM, POTASSIUM



TROPICAL & CITRUS FRUITS

CHROMIUM,
MAGNESIUM,
MANGANESE, POTASSIUM



SEAWEED

CALCIUM,
CHLORIDE, IODINE,
IRON, MAGNESIUM

AND SOME HONORABLE MENTIONS



TOMATOES

CHLORIDE,
POTASSIUM



AVOCADOS

MAGNESIUM



TOFU

CALCIUM,
IRON



**FORTIFIED
FOODS**

ANY
MINERAL!

A FORTIFIED FOOD HAS BEEN INFUSED WITH NUTRIENTS

Nutrition Facts	
12 servings per container	
Serving size	1 bar (68g)
Amount per serving	
Calories	250
<small>% Daily Value*</small>	
Total Fat 6g	8%
Saturated Fat 2g	9%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 43g	16%
Dietary Fiber 5g	21%
Total Sugars 17g	
Includes 16g Added Sugars	32%
Protein 10g	19%
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 2mg	15%
Potassium 265mg	6%
Vitamin E	6%
Phosphorus	15%
Magnesium	15%

COMMONLY FORTIFIED FOODS:

- PROTEIN BARS
- CEREAL
- BREAD
- ORANGE JUICE
- PLANT-BASED MILKS

YOU CAN TELL IF A FOOD HAS BEEN FORTIFIED BY READING THE BOTTOM OF ITS **NUTRITION FACT LABEL**

LOOK HERE TO SEE IF YOUR FOOD IS FORTIFIED WITH MINERALS

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.