

Mineral	Role in the body	Sign of deficiency	RI or AI*	Sign of toxicity or excess effects	UL**
Na Sodium	Fluid and acid-base balance, hydration; nerve function; muscle contraction; blood pressure regulation	Fatigue; nausea; headache; muscle cramps, confusion, dizziness, seizures; coma (in extreme cases)	700 mcg-ekv	Thirst; swelling; high blood pressure, dizziness, confusion, kidney damage	2,300 mg
K Potassium	Fluid and electrolyte balance; nerve function; muscle contraction; pH balance; blood pressure regulation	Fatigue; muscle weakness, cramps; constipation; tingling; numbness; arrhythmia; high blood pressure; paralysis	10 mcg	Nausea, vomiting, weakness, slow heartbeat, muscle paralysis, difficulty breathing	Not known
Ca Calcium	Bone, teeth health; muscle function; blood clotting; nerve signalling, hormone secretion, enzyme activation	Muscle cramps, brittle nails, numbness, tingling; fatigue; osteopenia, fractures, irregular heartbeat; seizures	10 mg	Constipation; nausea, frequent urination; kidney stones; calcification of soft tissues	2500 mg
Mg Magnesium	Energy production; muscle, nerve function; bone, heart health; blood sugar control; stress reduction, sleep; electrolyte balance	Muscle cramps, twitches; fatigue; insomnia, restless sleep; headaches, migraines; anxiety, depression, numbness, high blood pressure	60-65 mcg	Diarrhoea, nausea; low blood pressure; confusion, muscle weakness, slow heartbeat	250 mg
P Phosphorus	Bone, teeth health; energy production; cell structure, DNA; acid-base balance; muscle, nerve function	Weakness, fatigue; loss of appetite, joint pain; muscle weakness; bone loss; numbness; confusion	0,9-1,2 mg	Digestive discomfort; muscle cramps; calcium imbalances; kidney damage	3000 mg
S Sulphur	Protein synthesis; enzyme, metabolism and cellular function; liver detox and bile production; collagen and joint support; detoxification and antioxidant support	Weak and brittle nails, hair and skin issues; joint pain and inflammation; fatigue and cognitive issues; slow wound healing; muscle weakness	1,6-2 mg	Digestive distress; increased body odour; headaches, dizziness; microbiome imbalances	Not known
Cl Chlorine	Fluid and electrolyte balance; acid-base balance; digestive function (in stomach acid); nerve and muscle function	Dehydration and muscle cramps; weakness and fatigue; confusion and difficulty concentrating; high pH	13-20 mg- ekv	High blood pressure, swelling, fluid retention; muscle weakness, acidic blood pH, kidney strain	Not known
Fe Iron	Oxygen transport; energy production; brain function; immune system support; detoxification and enzyme function.	Fatigue, weakness; pale skin; cold hands and feet; dizziness and headaches; shortness of breath; rapid heartbeat; brittle nails, hair loss	400-520 mg	Nausea, vomiting, diarrhoea; stomach pain; liver damage; diabetes, joint pain; heart disease	Not known
Zn Zinc	Immune function; skin health, wound healing; growth, development, brain function, mood; antioxidant, reproductive health; taste and smell	Weak immune system; hair loss and brittle nails; skin issues; loss of taste and smell; poor appetite; delayed growth; brain fog, depression	5-7 mg	Nausea, vomiting, diarrhoea; stomach pain; metallic taste in the mouth; neurological issues	25 mg
Cu Copper	Energy and pigmentation production; iron metabolism, red blood cell formation; brain, nervous system, bone, skin, connective tissue health; antioxidant; immune support	Fatigue, anemia; pale skin; weak bones, osteoporosis; weak immune system; neurological issues	1,6-1,9 mg	Nausea, vomiting, stomach pain, diarrhoea; headaches, dizziness; liver damage; neurological symptoms	5 mg
I Iodine	Thyroid hormone production; metabolic function; brain development, cognitive function; hormonal balance; immune system support	Enlarged thyroid gland; fatigue, weight gain; cold intolerance; dry skin, hair; depression; slow heart rate; poor memory, concentration	40 mcg	Unexplained weight loss; rapid heart rate; anxiety, nervousness; excessive sweating; nausea, vomiting	600 mcg
Se Selenium	Thyroid health; antioxidant function; immune system support; heart health; cognitive function; reproductive health	Weakened immune system; fatigue and brain fog; hair thinning, hair loss; brittle nails, white spots; joint pain; muscle weakness; thyroid dysfunction.	330-600 mcg	Garlic-like breath odour, nausea, vomiting, diarrhoea, fatigue, hair loss, brittle nails, skin rashes	300 mcg
Cr Chromium	Blood sugar regulation; metabolism, weight management; cholesterol, heart health; brain function, mood stability; muscle recovery	Blood sugar instability; increased cravings for sweets; fatigue, low energy; poor cholesterol; cognitive issues	4-5,5 mcg	Nausea, stomach pain; dizziness, headaches; liver, kidney damage	Not known
Mn Manganese	Bone health; antioxidant function; metabolism; wound healing; brain health; immune function	Weak bones and cartilage; impaired wound healing; poor immune response; altered blood sugar regulation; mood changes	95-155 mg	Neurological symptoms; nausea, vomiting; fatigue; mental changes; headaches	Not known
Mo Molybdenum	Enzyme function; cellular energy production; antioxidant role; detoxification of toxins; growth	Impaired sulfur metabolism; headaches, dizziness; growth retardation; neurological symptoms		Gout-like symptoms; joint pain, nausea; copper deficiency	600 mcg

Katrin Peo- nutrition counselling and health coaching *** RI (recommended), AI (adequate)) as a two-week average per day; UI- Upper limit for per day**