

Optimum consumption of vitamins and minerals plays a key role in universal health

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Jennifer Couzin-Frankel wrote an article entitled “Toxin or treatment? (1). Minerals are those elements on the earth and in foods that our bodies need to develop and function normally (2). There are two kinds of minerals: macrominerals and trace minerals (3). You need larger amounts of macrominerals (3). They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulfur. You only need small amounts of trace minerals (3). They include iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium. However, the excessive consumption of certain vitamins and minerals could have deleterious consequences on health and development of individuals and populations (4). Contrarily, deficiencies in vitamins and minerals (micronutrients) which can impact body function and cause health issues are a global health challenge (5). Individual needs for vitamins and minerals will vary. Therefore, optimum consumption of vitamins and minerals plays a key role in universal health care.

References:

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