MICRO-NUTRIENTS. WHAT THEY ARE & WHY YOU NEED 'EM.

BEING HEALTHY SHOULDN'T BE THIS HARD.

WHAT ARE THEY?

VITAMINS & MINERALS.

*FUN FACT: THERE ARE NEARLY 30 VITAMINS & MINERALS THAT CAN BE CLASSIFIED AS "ESSENTIAL MICRONUTRIENTS"

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WHY ARE THEY IMPORTANT?

THEY'RE VITAL FOR CERTAIN METABOLIC PROCESSES, IMMUNE SYSTEM FUNCTION, DISEASE PREVENTION, ENERGY PRODUCTION & MORE.

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WHY ARE THEY IMPORTANT? PT.2

BESIDES VITAMIN D, MICRONUTRIENTS AREN'T ABUNDANTLY PRODUCED IN THE BODY, SO IT'S IMPORTANT TO HAVE A NUTRIENT RICH DIET TO MAKE UP FOR ANY DEFICIENCIES.

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LIST & FUNCTION

(VITAMIN A)

- ESSENTIAL FOR VISION & IMMUNE FUNCTION

(VITAMIN B12)

- REQUIRED FOR NERVE FUNCTION AND PRODUCTION OF RED BLOOD CELLS

(VITAMIN C)

- ASSISTS COLLAGEN, CARNITINE, SEROTONIN, AND ADRENALINE PRODUCTION

(VITAMIN D)

- REQUIRED TO FORM BONES, PROMOTES IMMUNE FUNCTION, ETC.

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LIST & FUNCTION

(VITAMIN E)

- ANTIOXIDANT IN CELL MEMBRANES & SUPPORTS NERVE FUNCTION

(VITAMIN K)

- ASSISTS IN BLOOD CLOTS AND HELPS WITH TRANSPORTING CALCIUM INTO BONE

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LIST & FUNCTION

(CALCIUM)

- INTEGRAL COMPONENT FOR BONE & TEETH, REQUIRED FOR MUSCLE CONTRACTION, ETC.

(IRON)

- REQUIRED TO TRANSPORT OXYGEN THROUGHOUT THE BODY & SYNTHESIS OF DNA, AMINO ACIDS, COLLAGEN, NEUROTRANSMITTERS, AND CERTAIN HORMONES

(MAGNESIUM)

- INTEGRAL COMPONENT FOR BONE, REGULATES MUSCLE CONTRACTION A& NERVE TRANSMISSION, INVOLVED IN HUNDREDS OF ENZYME REACTIONS

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LIST & FUNCTION

(POTASSIUM)

-NEEDED FOR MUSCLE CONTRACTION, NERVE CONDUCTION, & MAINTENANCE OF FLUID AND ELECTROLYTE BALANCE. CAN LOWER BLOOD PRESSURE.

(SODIUM)

-MAINTAINS FLUID & ELECTROLYTE BALANCE; REQUIRED FOR PROPER NERVE CONDUCTION & MUSCLE CONTRACTION. CAN INCREASE BLOOD PRESSURE.

(ZINC)

-ASSISTS IN HUNDREDS OF ENZYME REACTIONS, SUPPORTS IMMUNE FUNCTION, & CAN EVEN HELP WITH HEMOGLOBIN PRODUCTION.

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MICROS TO KEEP AN EYE ON

ACCORDING TO THE 2015-2020 DIETARY GUIDELINES FOR AMERICANS, THESE WERE THE MOST UNDER-CONSUMED MICRONUTRIENTS:

- CALCIUM
- MAGNESIUM
- POTASSIUM
- VITAMIN D
- VITAMIN A
- VITAMIN C
- VITAMIN E

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