

ESSENTIAL ELEMENTS

Element	Why You Need It	How You Get It
1. Oxygen	Most living things need oxygen to survive. Oxygen helps organisms grow, reproduce, and turn food into energy. Humans get the oxygen they need by breathing through their nose and mouth into their lungs. Oxygen gives our cells the ability to break down food in order to get the energy we need to survive.	Just breathe.
2. Carbon	Carbon is the basic building block required to form proteins, carbohydrates and fats, and it plays a crucial role in regulating the physiology of the body. Gaseous and liquid compounds that contain carbon also can affect the body.	Oxygen combines with food in the cells to produce energy for daily activity and then gives off carbon.
3. Hydrogen	The most important function of hydrogen in the human body is to keep you hydrated. Water is made up of hydrogen and oxygen and is absorbed by the cells of the body. Therefore, it is a crucial element which is used not in our body but also as a fuel, in military weapons etc.	Drink water. Water also comes from the fruits and vegetables we eat.
4. Nitrogen	For proper digestion of food and growth human body needs nitrogen. It is extremely important in the development of the human foetus. Cell replacement, tissue repair all requires nitrogen for the production of new cells.	Nitrogen is in all amino acids, and therefore in all proteins.
5. Calcium	Your body needs calcium to build and maintain strong bones. Your heart, muscles and nerves also need calcium to function properly. Some studies suggest that calcium, along with vitamin D, may have benefits beyond bone health: perhaps protecting against cancer, diabetes and high blood pressure.	Cheese, milk, yogurt, broccoli and kale.
6. Phosphorus	Phosphorus is needed for the growth, repair, and maintenance of all tissues and cells, and for the production of the genetic building blocks, DNA and RNA. Phosphorus is also needed to help balance and use other vitamins and minerals, including vitamin D, iodine, magnesium, and zinc.	Milk, egg yolks and chocolate.
7. Potassium	Potassium is one of the most important minerals in the body. It helps regulate fluid balance, muscle contractions and nerve signals. What's more, a high-potassium diet may help reduce blood pressure and water retention, protect against stroke and prevent osteoporosis and kidney stones.	Apricots, bananas, kiwi, oranges, pineapples, leafy greens, carrots, and potatoes.



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8. Sulfur	Your body needs sulfur to build and fix your DNA and protect your cells from damage that can lead to serious diseases such as cancers. Sulfur also assists your body to metabolize food and contributes to the health of your skin, tendons, and ligaments. The two amino acids that include sulfur are methionine and cysteine.	Garlic, leeks, onions, scallions, shallots, arugula, broccoli, Brussels sprouts, cabbage, cauliflower, kale, radishes, eggs, chickpeas, broad beans, and peas.
9. Sodium	The human body requires a small amount of sodium to conduct nerve impulses, contract and relax muscles, and maintain the proper balance of water and minerals. It is estimated that we need about 500 mg of sodium daily for these vital functions.	Apple skin, guavas, passion fruit, celery, beets, pickles, cheese, and meat.
10. Chlorine	Chloride is needed to keep the proper balance of body fluids. It is an essential part of digestive (stomach) juices.	Seaweed, rye, tomatoes, lettuce, celery, and olives.
11. Magnesium	Magnesium plays many crucial roles in the body, such as supporting muscle and nerve function and energy production. Low magnesium levels usually don't cause symptoms. However, chronically low levels can increase the risk of high blood pressure, heart disease, type 2 diabetes and osteoporosis.	Nuts (almonds), seeds, whole grains, beans, leafy vegetables, milk, and yogurt.
12. Iron	Iron is a major component of hemoglobin, a type of protein in red blood cells that carries oxygen from your lungs to all parts of the body. Without enough iron, there aren't enough red blood cells to transport oxygen, which leads to fatigue.	Meat, eggs, and leafy green vegetables.
13. Fluorine	Fluorine is essential for the maintenance and solidification of our bones and prevents dental decay. However, if it is absorbed too frequently, it may act in reverse way causing teeth decay, osteoporosis and harm to kidney, bone, nerve and muscle also.	Spinach, grapes, raisins, wine, black tea, and potatoes.
14. Zinc	Zinc is a trace mineral, meaning that the body only needs small amounts, and yet it is necessary for almost 100 enzymes to carry out vital chemical reactions. It is a major player in the creation of DNA, growth of cells, building proteins, healing damaged tissue, and supporting a healthy immune system.	Oysters, red meat, poultry, and seafood.



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15. Copper	Copper is a mineral that you need to stay healthy. Your body uses copper to carry out many important functions, including making energy, connective tissues, and blood vessels. Copper also helps maintain the nervous and immune systems, and activates genes. Your body also needs copper for brain development.	Oysters, nuts, seeds, shitake mushrooms, lobster, liver, leafy greens and dark chocolate.
16. Iodine	Iodine is a mineral found in some foods. The body needs iodine to make thyroid hormones. These hormones control the body's metabolism and many other important functions. The body also needs thyroid hormones for proper bone and brain development during pregnancy and infancy.	Eggs, seaweed, and seafood are good sources.
17. Selenium	Selenium is a nutrient that the body needs to stay healthy. Selenium is important for reproduction, thyroid gland function, DNA production, and protecting the body from damage caused by free radicals and from infection.	Tuna and Brazil nuts.
18. Manganese	Manganese helps the body form connective tissue, bones, blood clotting factors, and sex hormones. It also plays a role in fat and carbohydrate metabolism, calcium absorption, and blood sugar regulation. Manganese is also necessary for normal brain and nerve function.	Chickpeas, spinach, and pineapple.
19. Cobalt	Cobalt is an integral part of vitamin B12 and therefore essential for the function of cells. It is also involved in the production of red blood cells and the production of antibacterial and antiviral compounds that prevent infections.	Red meat, milk, fish, cabbage, figs and turnips.
20. Silicon	Silicon is necessary for the synthesis of collagen and elastin and it is important for the health of the connective tissues, bones, cartilage, tendons and joints . The collagen acts as a scaffold that provides support to the tissues, whereas elastin gives elasticity to the tissues, skin, hair and blood vessels.	Red wine, beer, raisins, whole-grain bread, bran cereal, brown rice, green beans and mineral water.
21. Boron	Boron is a trace element, which means that your body doesn't need large amounts of it. Yet it's important because it enables your body to effectively use calcium. As well, boron has properties that aid in the treatment of osteoporosis by activating vitamins and minerals necessary for healthy bone formation.	Coffee, milk, apples, dried and cooked beans, and potatoes.



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22. Chromium	Chromium is an essential mineral that the body needs in trace amounts. It is naturally present in a wide variety of foods, though only in small amounts, and is also available as a supplement. Chromium enhances the action of the hormone insulin.	Broccoli, liver and brewer's yeast.
23. Lithium	Lithium stabilizes mood, treats bipolar disorder, and enhances brain health by promoting neuroprotection and reducing inflammation. It lowers suicide risk, supports cognitive function, and may slow neurodegenerative diseases like Parkinson's. Trace amounts in water improve mental well-being and resilience.	Water.
24. Molybdenum	Molybdenum is a mineral that you need to stay healthy. Your body uses molybdenum to process proteins and genetic material like DNA. Molybdenum also helps break down drugs and toxic substances that enter the body.	Legumes, such as chickpeas.
25. Vanadium	Since few clinical trials involving humans have been completed, vanadium isn't recommended for any disease or condition. However, it may have an effect on blood sugar in people with diabetes.	Mushrooms, shellfish, black pepper, parsley, and dill weed.

