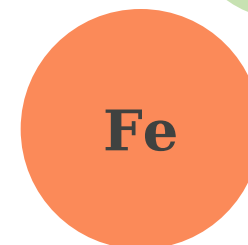
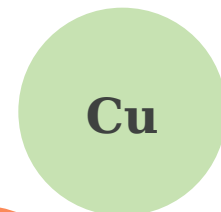
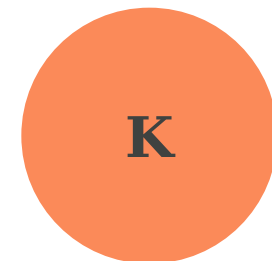
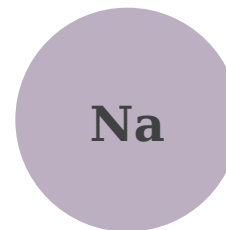
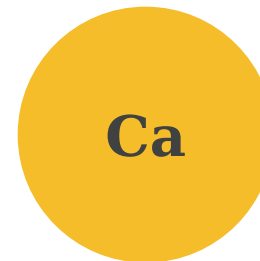


STRENGTH OF

Minerals

A food-first visual guide to seven minerals that support energy, mood, hydration and whole-body function.

MINERAL CHEAT SHEET**CALCIUM • MAGNESIUM • SODIUM • POTASSIUM****ZINC • COPPER • IRON**

Seven Minerals at a Glance

Each mineral has many roles. These themes offer a simple way to remember them.

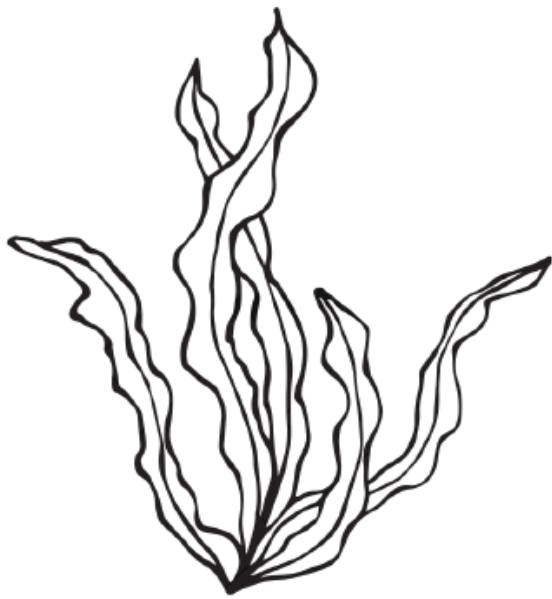
CALCIUM	Protection + Support Supports bones and teeth, muscle contraction, nerve signaling and normal cellular communication.
MAGNESIUM	The Stress Reliever Supports energy production, muscle and nerve function, glucose regulation and hundreds of enzyme reactions.
SODIUM	Emergency Energy A major electrolyte involved in fluid balance, blood volume, nerve signaling and muscle function.
POTASSIUM	Adaptive Energy The primary electrolyte inside cells; important for fluid balance, nerves, muscles and normal heart rhythm.
ZINC	The Mood Booster Supports immune function, growth, tissue repair, taste and smell, and many enzyme pathways.
COPPER	Gentleness Supports connective tissue, energy production, iron metabolism, antioxidant enzymes and neurotransmitter pathways.
IRON	Fuel for the Mind Supports oxygen transport, cellular energy, brain function, neurotransmitter production and tissue growth.

Food lists are examples—not rankings—and individual needs vary.

CALCIUM

Protection + Support

Supports bones and teeth, muscle contraction, nerve signaling and normal cellular communication.



seaweed



dried fig



dairy



almonds



white beans



bok choy



broccoli



yogurt

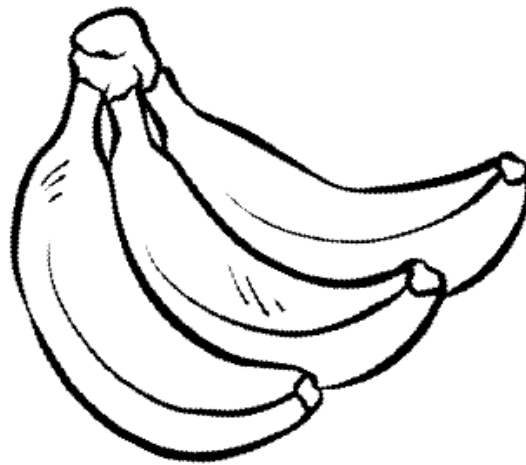
MAGNESIUM

The Stress Reliever

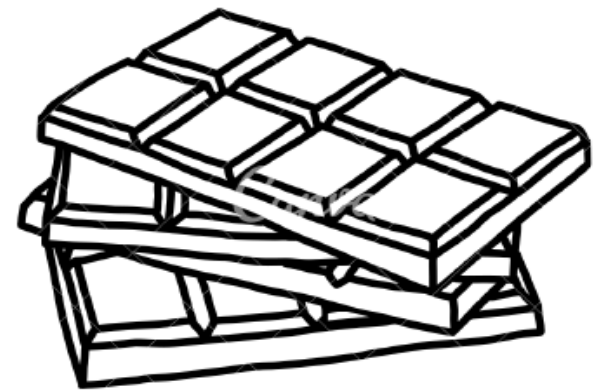
Supports energy production, muscle and nerve function, glucose regulation and hundreds of enzyme reactions.



spinach



avocado



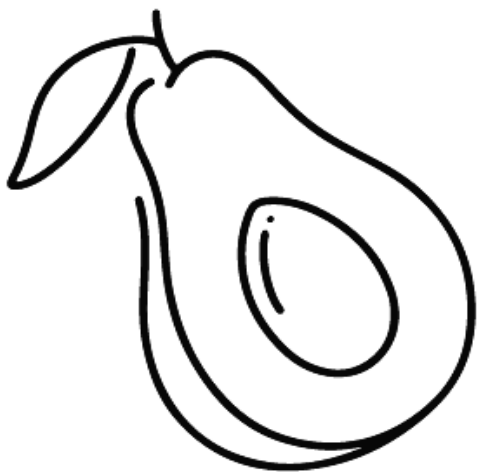
dark
chocolate



almonds



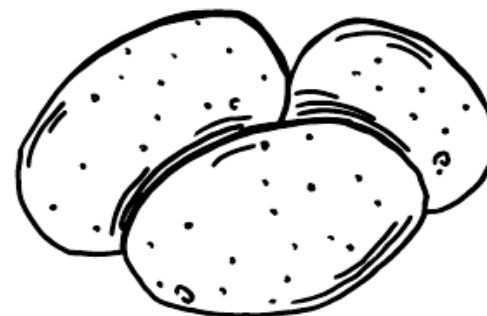
pumpkin
seeds



avocado



black beans



potatoes

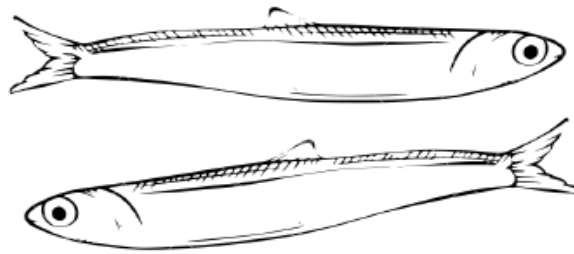
SODIUM

Emergency Energy

A major electrolyte involved in fluid balance, blood volume, nerve signaling and muscle function.



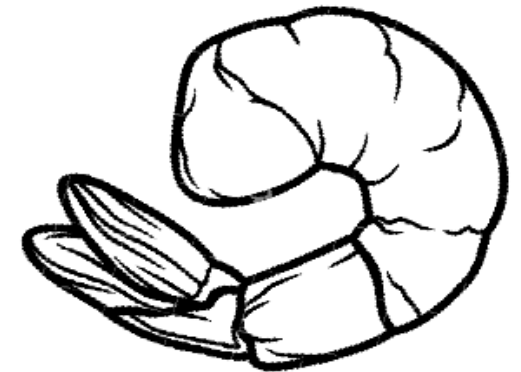
sauerkraut



anchovies



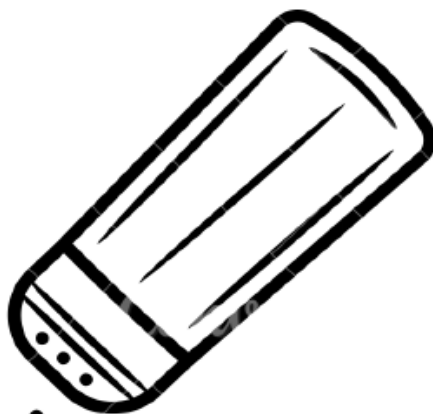
olives



shrimp



tomato sauce



sea salt

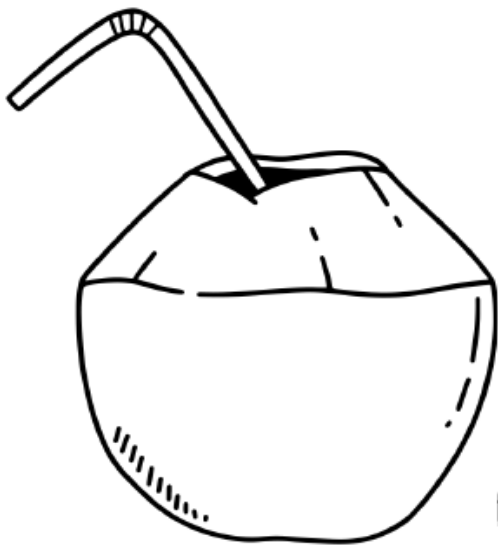


cheddar

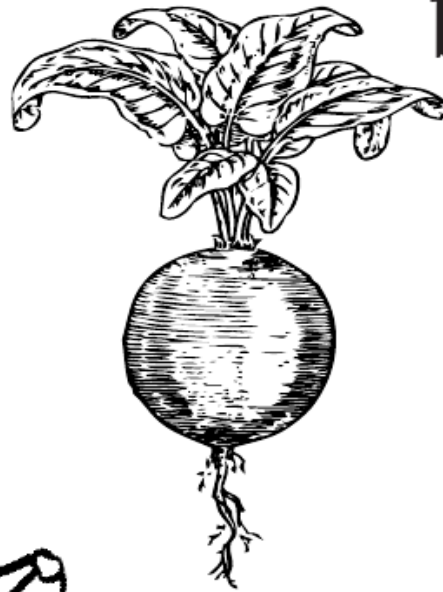
POTASSIUM

Adaptive Energy

The primary electrolyte inside cells; important for fluid balance, nerves, muscles and normal heart rhythm.



coconut
water



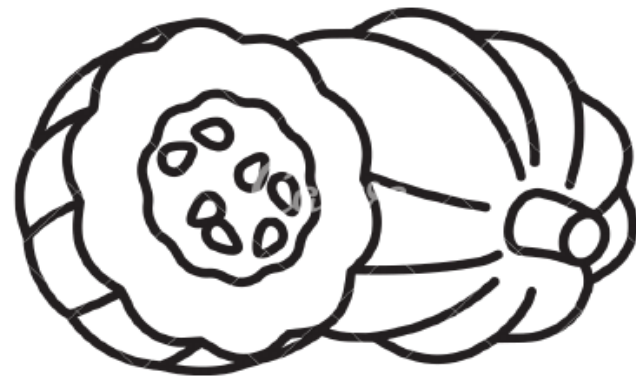
beets



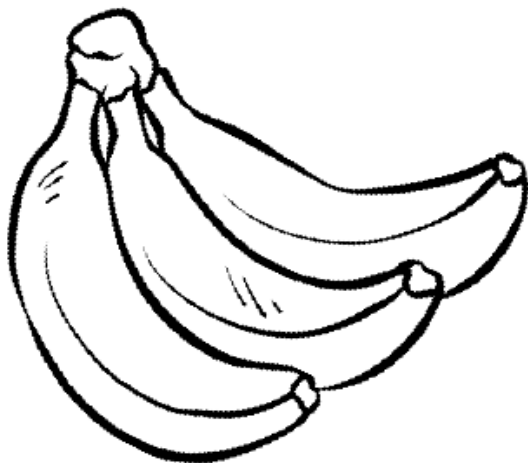
black beans



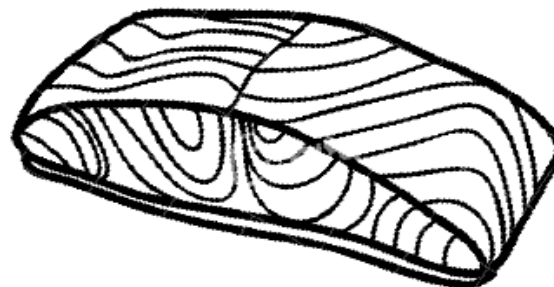
avocado



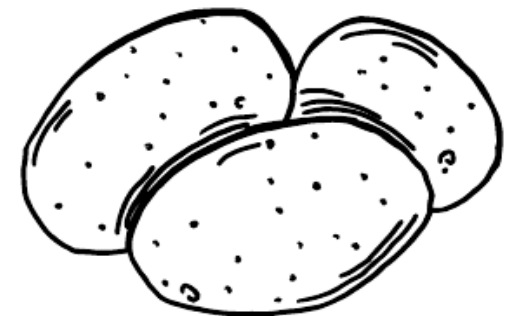
acorn squash



banana



salmon



baked potato

ZINC

The Mood Booster

Supports immune function, growth, tissue repair, taste and smell, and many enzyme pathways.



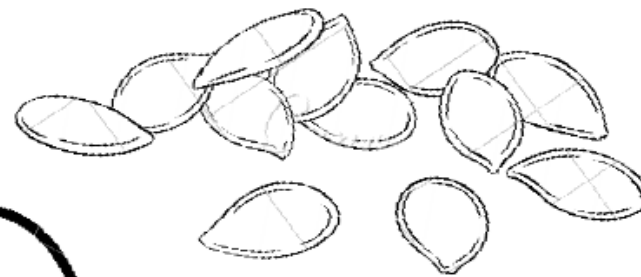
chickpeas



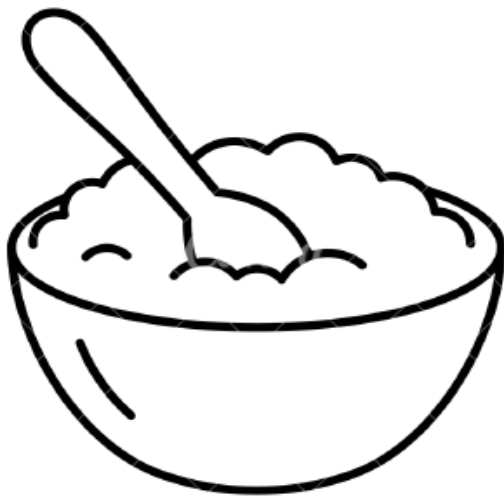
black beans



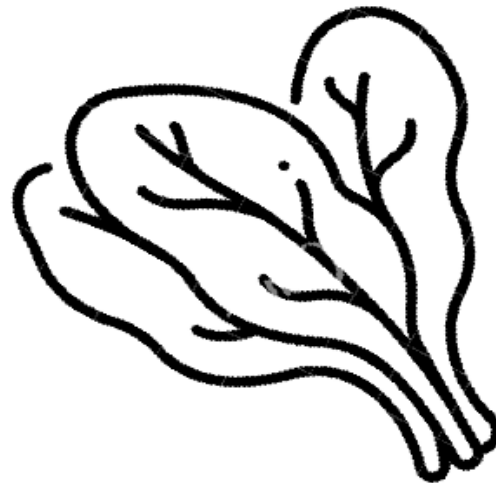
yogurt



Pumpkin seeds



oatmeal



spinach

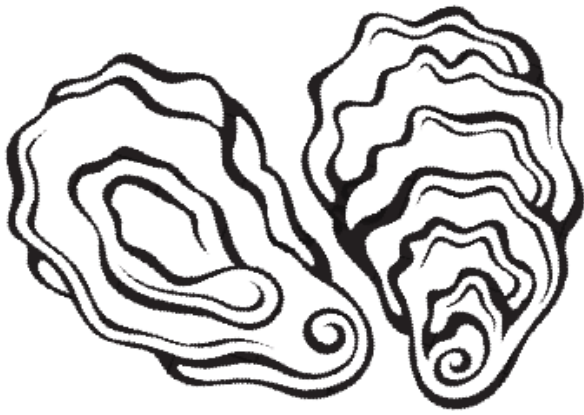


oysters

COPPER

Gentleness

Supports connective tissue, energy production, iron metabolism, antioxidant enzymes and neurotransmitter pathways.



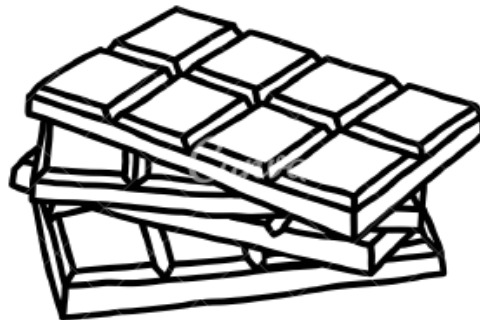
oysters



salmon



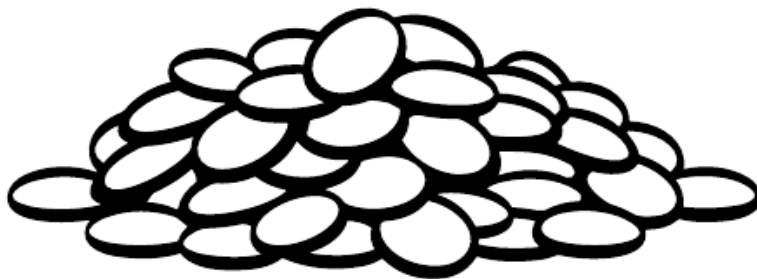
avocado



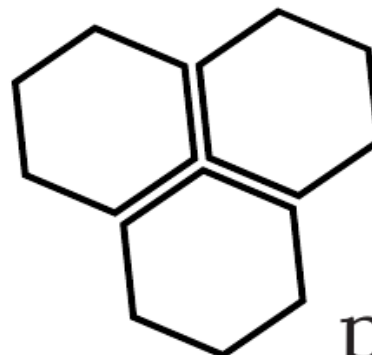
dark chocolate



beef liver



lentils



bee
pollen

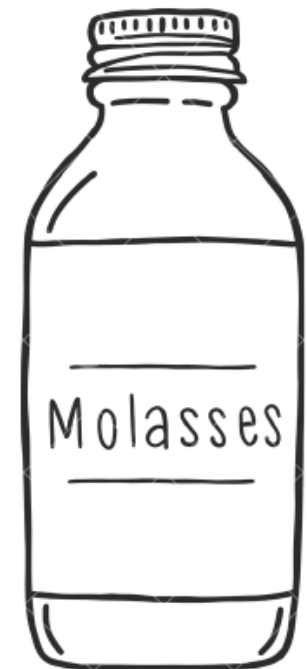
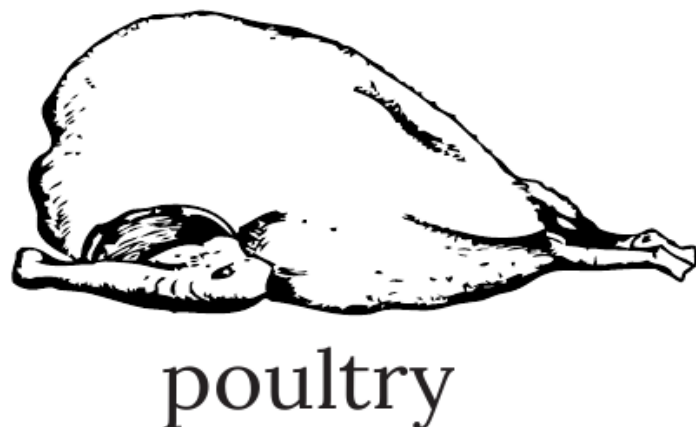
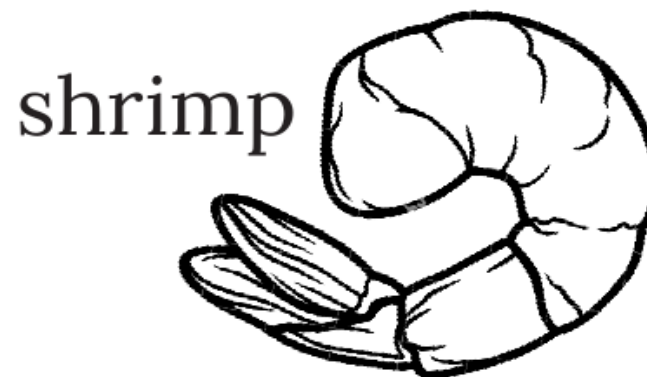
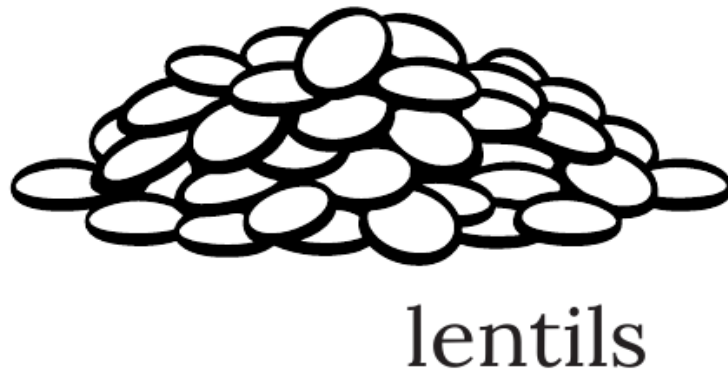
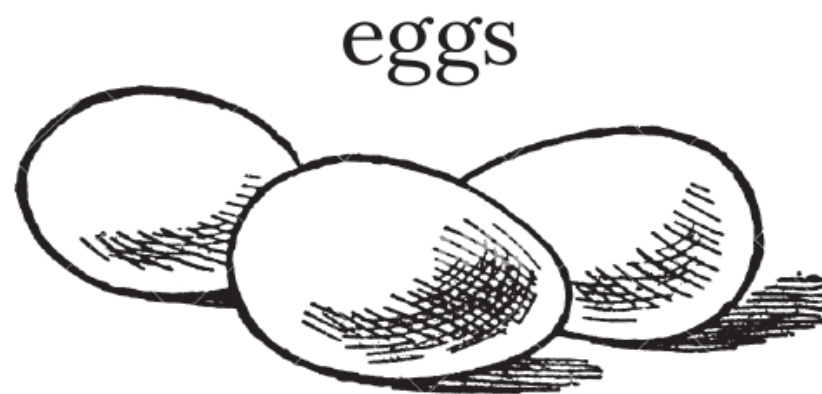
shiitake
mushroom



IRON

Fuel for the Mind

Supports oxygen transport, cellular energy, brain function, neurotransmitter production and tissue growth.



Build From Food First

Minerals work together. Start with varied, nutrient-dense foods, notice patterns over time and use testing when a deeper look would be helpful.

1

NOTICE PATTERNS

Energy, mood, sleep, digestion, hydration and stress tolerance can provide useful context.

2

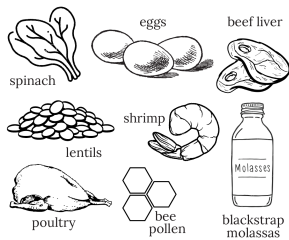
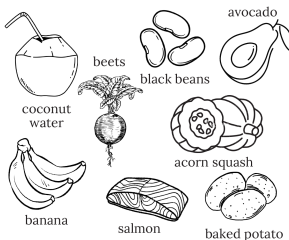
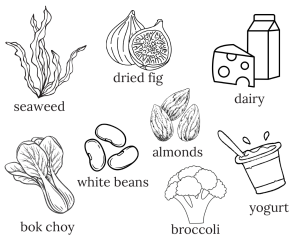
BUILD FOUNDATIONS

Prioritize food variety, adequate protein, mineralized hydration and consistent nourishment.

3

TEST WHEN HELPFUL

HTMA and GI-MAP can add context when symptoms persist or the picture remains unclear.



EXPLORE GUT + MINERAL TESTING