

# Nutricheck



## Vitamin/Mineral Symptom Guide

### The Macro Minerals

Please Note: This *Macro Minerals Symptom Check* is not intended to be a recommendation for self-medication, or to replace medical services.

# **THE MACRO MINERALS**

## *USE ONLY UNDER THE GUIDANCE OF A HEALTH PRACTITIONER*

### **CALCIUM (Ca)**

#### **Symptoms and signs associated with Deficiency:**

Irritability, anxiety, agitation, insomnia, poor memory, dizziness, palpitations, numbness, muscle-twitching, muscle cramps, convulsions, mental confusion, osteoporosis, rickets, tooth-decay and loss.

#### **Supplemental dosage:**

Require 800 - 1000 mg/day of elemental calcium. 1500mg/day required in pregnancy and breastfeeding.

#### **Rich Natural Sources:**

Milk, other dairy foods, seeds (sesame, sunflower), soymilk, almonds, chickpea, carob, yeast, sardines, scallops, oysters, egg, parsley, broccoli, silverbeet, bone meal, mineral water, dolomite.

#### **Signs of Toxicity:**

Anorexia, ataxia, depression, calcium deposits in tissues.

### **MAGNESIUM (Mg)**

#### **Symptoms and Signs Associated with Deficiency:**

Irritability, anxiety, agitation, restlessness, insomnia, noise intolerance, hyperactivity, confusion, dizziness, palpitations, heart arrhythmia, high blood pressure, poor circulation with cold hands and feet, muscle twitching and cramps, tremors, muscle soreness, headache, anorexia, fatigue, depression.

#### **Supplemental dosage:**

Require 300 - 450 mg/day of magnesium. 600 - 800 mg/day of magnesium may be given as a supplement. Should always be balanced with Calcium.

#### **Rich Natural Sources:**

Whole grains, legumes, milk, soymilk, almonds, cashews, seeds, green vegetables, and seafood.

#### **Signs of Toxicity:**

Nausea, diarrhoea, drowsiness, lethargy, sluggishness, bradycardia, low blood pressure, confusion and coma.

### **SODIUM (Na)**

#### **Signs and symptoms associated with deficiency:**

Lassitude, muscle weakness, hot-weather fatigue, dizziness, low blood pressure, weak thready pulse, anorexia, abdominal cramps, nausea and vomiting, flatulence, headache, impaired memory, confusion, convulsions.

#### **Supplemental dosage:**

Generally unnecessary except in cases of adrenal gland insufficiency, severe hypoglycaemia, sunstroke, exercise dehydration, or in cases of extreme perspiration. Also useful in Chronic Fatigue Syndrome. NB: in QLD summers,

may need added salt or salt tablets.

**Rich Natural Sources:**

Table salt, sea salt, rock salt, ham, bacon, cheese, sausages, dried fish, dried seafood, meats, poultry, butter, nuts.

**Signs of Toxicity:**

Anorexia, irritability, tension, confusion, fluid-retention, high blood pressure, excessive thirst and drinking, frequent urination, renal failure, premenstrual tension symptoms.

## POTASSIUM (K)

**Signs and symptoms Associated with Deficiency:**

Fatigue, anorexia, constipation, muscle weakness, muscle cramps, slow, palpitations, heart arrhythmias, agitation, nervousness, depression.

**Supplemental dosage:**

Use salt substitutes or fruit and vegetable juice daily. Magnesium-Potassium Aspartate supplements often useful.

**Rich Natural Sources:**

Fruits, vegetables, fruit juices, vegetable soups.

**Signs of Toxicity:**

Lack of appetite, apathy, muscle-fatigue, mental confusion and slurred speech.

## SULFUR (S)

**Signs and Symptoms Associated with Deficiency:**

Possibly sluggishness and fatigue.

**Supplemental dosage:**

Generally unnecessary in the form of elemental sulphur. In the Western world, chronic toxication by environmental pollutants may reduce sulphate-conjugation pathways in the liver. Supplementation with sulphated amino acids may be very beneficial in these situations.

**Rich Natural Sources:**

High protein foods: Meat, fish, eggs, poultry, legumes, nuts, cabbage, Brussel sprouts, asparagus, onions, garlic and chives.

**Signs of Toxicity:**

Anorexia, nausea and vomiting, diarrhoea and abdominal cramps.

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