

# Nutricheck



## Vitamin/Mineral Symptom Guide

### The Trace Minerals

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

## **THE TRACE MINERALS**

*USE ONLY UNDER THE GUIDANCE OF A HEALTH PRACTITIONER*

### **COPPER (Cu)**

**Copper deficiency has been associated with the following symptoms and signs:**

Anaemia, alopecia, generalised weakness, fatigue, depression, skin rash, recurrent infection, diarrhoea, high cholesterol emphysema, osteopenia, myocardial degeneration.

**Supplemental dosage:**

1-2mg daily: Usually unnecessary as found in water supplies. Supplementation may be required if taking high dose supplements of zinc, calcium or iron.

**Rich Natural Sources:**

Liver, prawns, crab, lobster, oysters, brown rice, wheat germ and bran, cauliflower, green peas and beans, kale, mushroom, soybean, yeast, pecans, walnuts, seeds, chocolate, molasses, coffee, tea, gelatin.

**Signs of Toxicity:**

Brain stimulation: insomnia, racing mind, irritability, anger, aggressiveness, alienation, paranoia, depression, hyperactivity and autism in children, brittle hair, premenstrual tension, muscle and joint pain.

### **ZINC (Zn)**

**Zinc deficiency has been associated with the following symptoms and signs:**

Acne, anorexia, loss of taste, eczema, glucose intolerance, diabetes, apathy, fatigue, depression, hyperactivity in children, impaired protein synthesis: hair loss, poor wound healing, skin stretch marks, soft or brittle nails, growing pains, recurrent infections, white-spots in nails, growth impairment: shortened stature, delayed sexual maturity, impotence, irregular menstruation.

**Supplemental dosage:**

10 -30 mg daily. NOTE: prolonged high dose use may cause copper and iron deficiency.

**Rich Natural Sources:**

Oysters, fish (sardines, herring), meat, liver, milk, seeds, wheat germ, onions, mushrooms, yeast, whole grains, nuts, peas, carrots, vegetables.

**Signs of Toxicity:**

Nausea, vomiting, diarrhoea, drowsiness, increased sweating, alcohol intolerance. May induce copper and/or iron deficiency. May induce seizures in people with epilepsy.

### **IRON (Fe)**

**Iron deficiency has been associated with the following symptoms and signs:**

Tiredness, easy fatigue, weakness, impaired memory, poor concentration, impaired cognitive ability, poor learning, depression, anaemia, dizziness, shortness of breath, cardiac failure, brittle nails, lustreless nails, flattened or spoon

shaped nails, hair loss, difficulty in swallowing.

**Supplemental dosage:**

325 mg of iron sulfate or gluconate 1-3 times daily.

**Rich Natural Sources:**

Meats, liver and organ meats, eggs, leafy green vegetables.

**Signs of Toxicity:**

Liver damage, induced vitamin C deficiency, bronzing of skin, anorexia, dizziness, headache, constipation, excessive iron storage can cause cirrhosis, diabetes and accelerate the development of arteriosclerosis, arthritis and Alzheimer's.

## **MANGANESE (Mn)**

**Manganese deficiency has been associated with the following symptoms and signs:**

Poor bone growth: osteoporosis, bone fragility, slow growth of hair and nails, reddening of hair, dermatitis, weight loss, very low cholesterol and diabetes.

**Supplemental dosage:**

Usually 1 to 2 mg/day. For Tardive Dyskinesia -30 to 60 mg daily may be useful.

**Rich Natural Sources:**

Leafy green vegetables, peas, beans, whole grains, nuts, coffee and tea.

**Signs of Toxicity:**

Neurological: Apathy, depression, weakness, disturbed sleep, episodic insanity, violence, Parkinsonism with muscular rigidity, monotonal voice and masklike face, anorexia, impotence.

## **CHROMIUM (Cr)**

**Chromium deficiency has been associated with the following symptoms and signs:**

Mature-onset diabetes, high cholesterol levels, impaired growth, anxiety and fatigue.

**Supplemental dosage:**

50-100 micrograms two to three times daily.

**Rich Natural Sources:**

Brewer's yeast, mushrooms, black pepper, wholegrain wheat and bread, beetroot, liver, beef, beer.

**Signs of Toxicity:**

Dermatitis, stomach ulcers, liver damage, kidney damage.

## SELENIUM (Sn)

### **Selenium deficiency has been associated with the following symptoms and signs:**

High cholesterol levels, poor pancreatic enzyme production, impaired liver function, recurrent infections, male sterility. Recent evidence suggests that selenium deficiency increases the risk of cancer and arteriosclerosis.

### **Supplemental dosage:**

50 -200 micrograms per day. NOTE: selenium is TOXIC in high dosage.

### **Rich Natural Sources:**

Tuna, herring, liver, eggs, bran, yeast, wheat germ, garlic, onion, broccoli, cabbage, tomatoes.

### **Signs of Toxicity:**

Hair loss, brittle nails, yellowish skin, pallor, skin eruptions, lassitude, fatigue, arthritis, muscle pains, diabetes, liver damage, kidney damage, immune system depression, anorexia, abdominal discomfort and pain, garlic-breath odor, metallic taste in mouth, muscle paralysis, coma and death.

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