

Deficiency Signs and Predisposing Factors for Mineral Deficiencies

Calcium

<input type="checkbox"/> Anxiety	<input type="checkbox"/> Irritability	<input type="checkbox"/> Rickets
<input type="checkbox"/> Brittle nails	<input type="checkbox"/> Nervousness	<input type="checkbox"/> A tendency towards headaches
<input type="checkbox"/> Cramps	<input type="checkbox"/> A history of osteoporosis	<input type="checkbox"/> Any tooth decay
<input type="checkbox"/> Delusions	<input type="checkbox"/> Palpitations	<input type="checkbox"/> Twitches
<input type="checkbox"/> Depression	<input type="checkbox"/> Periodontal disease	
<input type="checkbox"/> Insomnia		

Chromium

<input type="checkbox"/> Adult-onset diabetes	<input type="checkbox"/> Hunger shortly after eating	<input type="checkbox"/> Mood swings
<input type="checkbox"/> Insulin resistance	<input type="checkbox"/> Cravings for sweets	<input type="checkbox"/> Slow healing after injuries or surgery
<input type="checkbox"/> Anxiety	<input type="checkbox"/> Sudden decreases in energy levels	<input type="checkbox"/> High cholesterol
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Sudden and abrupt rises in anxiety	<input type="checkbox"/> High blood pressure
<input type="checkbox"/> Irritability or moodiness if a meal is skipped		<input type="checkbox"/> Blood sugar fluctuations

Copper

<input type="checkbox"/> Anemia	<input type="checkbox"/> Fatigue	<input type="checkbox"/> Hyperthyroidism
<input type="checkbox"/> Depression	<input type="checkbox"/> Fragile bones	<input type="checkbox"/> Weakness
<input type="checkbox"/> Diarrhea	<input type="checkbox"/> Hair loss	

Iodine

<input type="checkbox"/> Goiter	<input type="checkbox"/> A history of exposure to radiation	<input type="checkbox"/> Lowered immunity
<input type="checkbox"/> Cretinism in babies	<input type="checkbox"/> History of drinking tap water	<input type="checkbox"/> Emotional upset and anxiety
<input type="checkbox"/> Unwanted weight gain	<input type="checkbox"/> Slowed brain function	<input type="checkbox"/> Cysts, soreness, and heaviness in breasts
<input type="checkbox"/> Sluggishness	<input type="checkbox"/> Slowed metabolism	
<input type="checkbox"/> Hypothyroidism		

Iron

<input type="checkbox"/> Anemia	<input type="checkbox"/> Dizziness	<input type="checkbox"/> Any mouth lesions
<input type="checkbox"/> Brittle nails	<input type="checkbox"/> Fatigue	<input type="checkbox"/> Spooning nails when the nail curves upwards
<input type="checkbox"/> Confusion	<input type="checkbox"/> Headaches	
<input type="checkbox"/> Constipation	<input type="checkbox"/> Having an inflamed tongue	<input type="checkbox"/> Having pale, blue nails
<input type="checkbox"/> Depression		

Magnesium

<input type="checkbox"/> Anxiety	<input type="checkbox"/> Excess ear wax	<input type="checkbox"/> Nervousness
<input type="checkbox"/> Breast cysts	<input type="checkbox"/> History of heart attack	<input type="checkbox"/> Noise sensitivity
<input type="checkbox"/> Confusion	<input type="checkbox"/> Hyperactivity	<input type="checkbox"/> PMS
<input type="checkbox"/> Constipation	<input type="checkbox"/> Insomnia	<input type="checkbox"/> Restlessness
<input type="checkbox"/> Chronic stress	<input type="checkbox"/> Irregular heartbeats	<input type="checkbox"/> Spasms
<input type="checkbox"/> Cramps	<input type="checkbox"/> Irritability	<input type="checkbox"/> Twitching
<input type="checkbox"/> Dandruff	<input type="checkbox"/> Muscle weakness and nausea	<input type="checkbox"/> Sores around mouth
<input type="checkbox"/> Depression		<input type="checkbox"/> Breaking nails

Manganese

<input type="checkbox"/> Atherosclerosis	<input type="checkbox"/> Elevated cholesterol levels	<input type="checkbox"/> Hearing loss
<input type="checkbox"/> Dizziness	<input type="checkbox"/> Sugar intolerance	<input type="checkbox"/> Loss of muscle control
		<input type="checkbox"/> Ringing in ears

Phosphorus

<input type="checkbox"/> Fatigue	<input type="checkbox"/> Decreased attention span	<input type="checkbox"/> History of anorexia
<input type="checkbox"/> Weakness	<input type="checkbox"/> Seizures	<input type="checkbox"/> Bone pain
		<input type="checkbox"/> Weakness

Potassium

<input type="checkbox"/> Arrhythmia	<input type="checkbox"/> Muscle cramps	<input type="checkbox"/> Confusion
<input type="checkbox"/> Shallow breathing	<input type="checkbox"/> Muscle weakness	<input type="checkbox"/> Increased urination
<input type="checkbox"/> A history of anorexia	<input type="checkbox"/> Nausea	<input type="checkbox"/> High blood pressure
<input type="checkbox"/> Irritability	<input type="checkbox"/> Vomiting	

Zinc

<input type="checkbox"/> Acne	<input type="checkbox"/> Poor perception of sweet taste	<input type="checkbox"/> Smelly feet
<input type="checkbox"/> Decreased sense of taste	<input type="checkbox"/> Rashes	<input type="checkbox"/> Tendency towards infections
<input type="checkbox"/> Form scars easily	<input type="checkbox"/> Retarded growth and delayed sexual development as a child	<input type="checkbox"/> White spots on fingernails
<input type="checkbox"/> History of Crohn's disease		<input type="checkbox"/> Puffy gums
<input type="checkbox"/> Over consumption of sweets	<input type="checkbox"/> Slow wound healing	<input type="checkbox"/> Cracked finger tips