

Bodily Functions of Major Macro and Micro-Minerals

Sodium (Na)

- Maintain normal hydration
- Muscle contraction
- Nerve impulse generation
- Body fluid regulation

Zinc (Zn)

- Carbohydrate metabolism
- Immune function
- Healthy skin and hooves
- Maintenance of anti-oxidant function
- Reproductive function
- Bone and joint health

Cobalt (Co)

- Increases fiber digestion
- Essential in bodily production of vitamin B-12

Selenium (Se)

- Key nutrient in anti-oxidant activity
- Helps maintain immune system activity
- Helps maintain exercise performance

Iron (Fe)

- Red blood cell production to carry oxygen
- White blood cell production to fight infection

Calcium (Ca)

- Growth and maintenance of bones and teeth
- Heart and skeletal muscle function
- Nerve impulse transmission
- Blood clotting
- Release of some hormones

Copper (Cu)

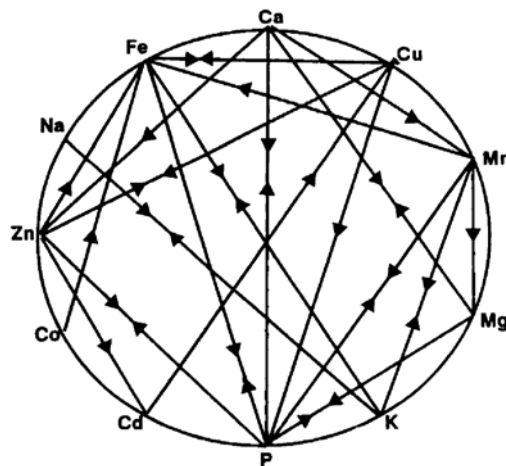
- Normal connective tissue production
- Mobilization of iron stores
- Normal skin and coat pigment production
- Anti-oxidant function
- Normal brain development
- Normal reproductive function

Manganese (Mn)

- Carbohydrate and fat metabolism
- Production of chondroitin sulfate
- Maintenance and repair of normal joint cartilage

Magnesium (Mg)

- Heart and skeletal muscle contraction
- Nervous system function
- Major enzyme component



Phosphorus (P)

- Normal formation of bones
- Essential for Ca to be used properly
- Energy metabolism
- Bodily acid neutralizer

Potassium (K)

- Main mineral found inside cells
- Heart and skeletal muscle contraction
- Nerve impulse transmission

OTHER KEY NUTRIENT FUNCTIONS:

Vitamin A

- Mucous membrane health (reproductive, digestive and respiratory tract linings)
- Sperm and egg production
- Eye health

Vitamin D-3

- Calcium absorption
- Calcium movement

Vitamin E

- Important anti-oxidant
- Protects and stabilizes bodily membranes
- Protects muscle cells from unnecessary damage during exercise

Riboflavin (B Vitamin)

- Aerobic energy generation
- Normal functioning of other B vitamins
- Portions of protein metabolism

Thiamin (B Vitamin)

- Carbohydrate, protein and fat metabolism
- DNA function in cells
- Nerve impulse transmission

Biotin (B Vitamin)

- Maintenance of healthy hooves
- Glucose metabolism
- Growth
- Maintenance of all rapidly dividing tissues

Methionine (Amino Acid)

- Protein and energy metabolism
- Maintenance of normal skin, hooves, tendons, ligaments and cartilage