

Minerals and their food sources

Mineral	Best sources	Symptoms of deficiency	Symptoms of toxicity
Calcium	Dried figs, freshwater algae, green beans, sea algae, sprouted sesame seeds, sprouted sunflower seeds	Osteoporosis, muscle spasms	Constipation, kidney stones, deteriorating renal function
Chromium	Apples brazil nuts, sprouted; mung beans, rye, blackeyed peas, kidney beans, watermelon seeds	Diminished muscle tone, circulatory disorders, heart tissue damage	Palpitations, loss of mobility, internal swelling
Copper	Onion sprouts, prunes, shiitake mushrooms, sprouted fenugreek, sunflower green sprouts, turnip greens, wheatgrass	Anemia, growth impairment, premature graying and or hair loss	Nausea, vomiting, abdominal pain, diarrhea, headache, dizziness, acute poisoning, excessive urination, bone spurs
Fluoride	Garlic, lemons, limes, sprouted radishes, turnip greens	Erosion of skeletal structure including teeth	Anemia, weakness, weight loss, neurological complaints, calcification of ligaments
Iodine	Arame, dulse, hijiki, kelp, nori	Goiter, hypothyroidism	Thyrotoxicosis
Iron	Apricot seeds, arame, dulse, spinach, sprouted barley, sprouted oats, sprouted sesame seeds	Apathy, attention deficit disorder, irritability, altered immune functioning, anemia, circulatory deficiencies	Cardiovascular disease, impaired auto-immune functioning, heart attack, stroke, vulnerability to cancer
Magnesium	Pine nuts, rye, pumpkin seed and sunflower green sprouts, wheatgrass	Muscle spasms, nausea, vomiting, alterations of personality	Nausea, vomiting, diminished blood pressure, diarrhea (Note: magnesium is toxic only to those who have abnormal kidney function)
Manganese	Green coconut water, sprouted almonds, chickpeas and hazelnuts	Digestive disorders, lethargy, gastro intestinal problems	Interference with absorption of other minerals and trace minerals, hyperactivity, dilution of blood cells
Phosphorous	Blue-green algae, chlorella, clover sprouts, dulse, green algae, nori	Weakness, pain, bone loss, skin irritation, iris impairment	Diminished blood calcium levels, cataracts, dryness of the skin causing scaling
Potassium	Green vegetable and sprout juice, parsnip greens, radishes, red peppers, spinach	Listlessness, drowsiness, fatigue, nausea, vomiting, kidney and heart problems	Kidney failure, acidosis, infections, muscle weakness, cardiac irregularities, cardiac failure, palpitations
Selenium	Brazil nuts, grapes, kamut grass, sunflower green sprouts, walnuts	Mutagenic effects on cells, viruses, weakened immune system,	Hair loss, nausea, abdominal pain, diarrhea, peripheral neuropathy, fatigue, irritability, hemoglobin coagulation
Silicon	Alfalfa sprouts, beet greens, oat sprouts, onions, spelt grass, wheat	Diminishing elasticity of skin, dry and brittle hair, and bones	Atherosclerosis
Sodium	Celeriac, celery, oat sprouts, spouted corn, wheatgrass	Headaches, muscle weakness	Endema, hypertension, congestive heart failure
Sulfur	Broccoli sprouts, Brussels sprouts, cabbage sprouts, garlic sprouts	Increased carbon dioxide in the blood causing lethargy and dizziness	Respiratory failure
Zinc	Broccoli sprouts, Brussels sprouts, cabbage sprouts, garlic sprouts	Loss of appetite, anemia, growth retardation, impaired immunity, impaired wound healing, photophobia, premature graying, hair loss, diminished sense of taste	Gastric disturbances, vomiting, impaired immune response

Trace minerals and their food sources

Aluminum	Blue-green algae, edible French green clay, string beans	Uncontrollable blinking, loss of sensation in the limbs	Brain damage, neurological damage, symptoms mimicking, Parkinson's disease
Antimony	Celery, chorella	Skin discoloration, impaired vision	Disorientation, rashes
Barium	Ayurvedic supplemental pearl, jicama	Constipation, circulatory disorders	Cardiovascular problems, reproductive complications
Bismuth	Dulse, red kidney bean sprouts	Eye irritations, impairment of hearing	Endocrinal, ovarian, and testicular swelling
Boron	Apple seed sprouts, kelp	Skeletal and dental concerns	Blood clots, dizziness
Bromine	Hijiki, ripe pineapples	Neurological and/or digestive impairment	Unconsciousness
Cadmium	Dulse, edible French clay, sea vegetables	Impaired vision, loss of memory	Paralysis, palpitations
Cesium	Fermented goats milk	Tumorous growths, increased vulnerability to pain	Bleeding and stroke
Cobalt	Kelp, wheatgrass fertilized with seawater	Loss of sensation in the limbs, erupting blood vessels	Loss of mobility, including possible paralysis
Deuterium	Arame, ripe tomatoes	Endocrinal swelling, palpitations,	Numbness, pain in the extremities
Dysprosium	Chickpea sprouts, sesame seed sprouts	Destruction of white blood cells, symptoms of autoimmune malfunction	Liver toxemia, gallbladder toxemia, numbness
Erbium	Broccoli sprouts, sauerkraut	Gum disease, inflammation of the organs	Paralysis, edema
Europium	Figs, pinto bean sprouts	Dryness of the skin, impaired capillary functioning	Nausea
Gadolinium	Barley grass sprouts, dulse, kamut sprouts	Intestinal disorders, hormonal imbalance	Circulatory disorders, impaired renal functioning
Germanium	Blue-green algae, European sea vegetables, fenugreek sprouts	Autoimmune disease, susceptibility to infection	Systemic mineral imbalance
Gold	Fresh basil, grain grasses grown with seawater	Cardiovascular disorder, cartilage deterioration, bone deterioration	Paralysis, skeletal erosion
Hafnium	Beet greens, grain grasses grown in seawater	Respirator disorders, lung infection including possible pneumonia	Skin irritation, glandular impairment

Holmium	Raw macadamia nuts, rye sprouts, turnip seed sprouts	Red blood cell reduction, anemia	Lightheadedness, unconsciousness
Indium	Chlorella, probiotic supplements	Vision impairment, hearing impairment	Joint pain, dizziness
Iridium	Alfalfa, apricot seeds	Diminished hemoglobin count causing lethargy, circulatory disorders	Weakness, fever
Lanthanum	Collard greens, fava bean sprouts	Muscular weakness, joint pain	Paralysis, psychological degeneration
Lithium	Adzuki sprouts, fresh herbal hops	Hallucinations, insecurity	Disorientation, liver failure
Lutetium	Arugula, celery, raw macadamia nuts,	Hair, nail, and skin impairment	Excess production of tears, neurological distress
Nickel	Kale, mustard seed sprouts	Respiratory impairment, blurred vision	Paralysis, numbness
Niobium	Black mission figs, hazelnut sprouts	Lymphatic dysfunction, reproductive dysfunction	Dizziness, susceptibility to colds and flu
Osmium	Nori, sprouted sweet potatoe	Impairment of tissue density	Internal bleeding
Palladium	Costal-grown vegetable, green coconuts	Paralysis, mental impairment, psychological dysfunction	Respiratory impairment
Platinum	Arame, kelp	Weakening of heart tissue, ventricular collapse	Paralysis, neurological dysfunction
Praseodymium	Broccoli sprouts, rutabagas	Arthritis, tooth decay	Nausea
Rhenium	Black currants, chickpea sprouts	Bladder malfunction, renal failure	Excess perspiration, excess urination
Rubidium	Fresh thyme, sprouted green juice	Vision impairment, rashes	Palpitations
Ruthenium	Garlic, garlic sprouts, mustard seed sprouts	Circulatory impairment, indigestion	Stoke, weakened muscular structure
Samarium	Dandelion, jijiki, nettle	Bowel disorders, gallstones	Gas and bloating, lethargy
Silver	Lamb's quarters herb, nori	Arrhythmia, microbial infections	Paralysis, brain impairment
Strontium	Black-eyed pea sprouts, green peas	Limited circulation in the extremities	Muscle weakness, exhaustion
Tantalum	Green pea sprouts, lima bean sprouts, mangoes	Skin irritation, blood clots	Weakness, excessive stress
Tin	Chlorella, great Northern bean sprouts	Renal weakness, respiratory dysfunction	Exhaustion, weakened extremities
Tungsten	Barley, Brazil nut sprouts, mung bean sprouts	Weakened spleen, arrhythmia	Anemia
Vanadium	Clover sprouts, nasturtium flowers, walnuts	Impaired circulation, vision impairment	Fever, hot flashes
Zirconium	Red bean sprouts, sprouted mango seeds, sprouted yams	Respiratory inflammation, irritation of the eyes	Dizziness, nausea

