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# MINERALS

MINERAL	BEST FORM	DEFICIENCY	EXCESS
Calcium	Calcium citrate, calcium carbonate.	Though true deficiency is not very common, even mild deficiencies over time can lead to bone loss.	Impaired kidney function, decreased absorption of other minerals.
Chromium	Unknown.	Rare.	Chromium can interact with certain drugs.
Copper	Copper gluconate, copper sulfate. (Cupric oxide is not well absorbed in the gut and therefore not recommended.)	Rare, though excess zinc intake can impair copper absorption.	Copper is fairly nontoxic, though long-term excessive intake can lead to organ damage.
Iron	Ferrous glycinat e, ferrous fumarate, ferrous gluconate. (Ferrous sulfate may be irritating to the digestive tract.)	Most common in young women and those with heavy menstrual periods. Even mild deficiencies can contribute to fatigue and poor physical performance, difficulty concentrating, and other symptoms.	Though the body prevents excess absorption, taking iron above 100% DV isn't recommended unless prescribed by a physician.
Magnesium	Magnesium chloride, magnesium lactate, and magnesium aspartate. (Only about 4% of magnesium oxide and magnesium sulfate is bioavailable.)	Magnesium deficiency in the United States occurs more commonly in African-Americans and the elderly. People who abuse alcohol are also at risk.	Doses over 350 mg/day may cause loose stools and diarrhea.
Phosphorus	Not necessary in a with supplement.	Plenty available in food sources.	Excess phosphorus can interfere calcium absorption.
Potassium	Contained in insufficient amounts in all supplements; potassium must be obtained from food sources.	Rare, though people with bulimia and those with kidney disease may be deficient.	Typically excreted except in those with kidney problems. Excess is sometimes caused by certain drugs.
Zinc	Zinc acetate, zinc chloride, zinc methionine, zinc propionate.	Rare in the United States.	Excess zinc may decrease magnesium balance and copper absorption. Therefore, watch the number of zinc lozenges you take, especially when combined with a vitamin supplement containing zinc.

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