|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Mineral** | **Functions** | **RDA/AI** | **Food Sources** | **Deficiency/Toxicity** |
| Iron |  |  |  |  |
| Magnesium |  |  |  |  |
| Calcium |  |  |  |  |
| Iodine |  |  |  |  |
| Zinc |  |  |  |  |
| Sodium |  |  |  |  |
| Potassium |  |  |  |  |
| **Mineral** | **Functions** | **RDA/AI** | **Food Sources** | **Deficiency/Toxicity** |
| Phosphorus |  |  |  |  |
| Chloride |  |  |  |  |
| Fluoride |  |  |  |  |
| Copper |  |  |  |  |
| Selenium |  |  |  |  |