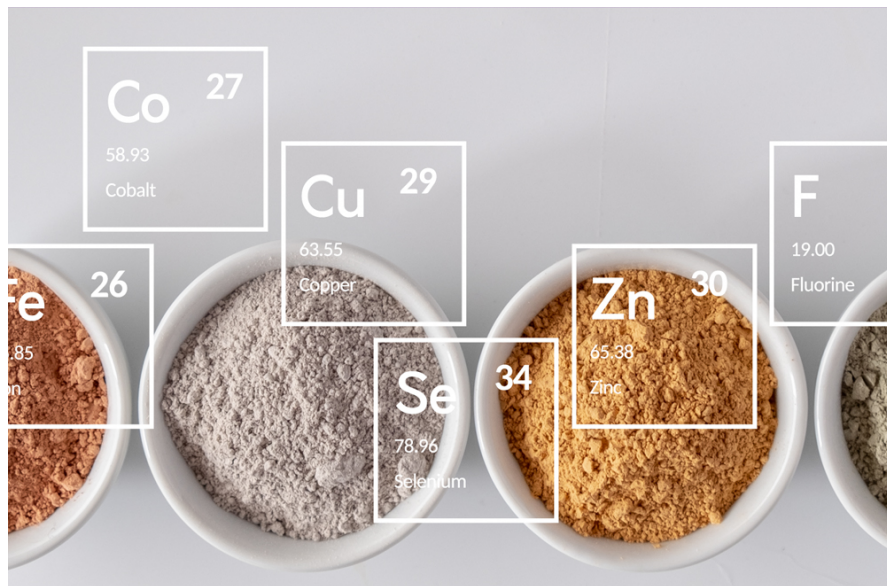




## Trace Minerals



### Overview

This is a group of minerals that your body needs in very small amounts. They're an essential part of good health. Without them, your body can't work properly. Some examples of trace minerals include copper, fluoride and iodine.

### How do we get them?

Our bodies can't make the trace minerals we need. What are some good sources? Well, they can be found in all kinds of different foods and drinks. Meats, dairy products, vegetables, nuts and grains may all contain them in various amounts. Trace minerals are even in places you might not expect. For example, tap water contains the minerals fluoride and copper. Eating a balanced diet is a great way to make sure you get the trace minerals your body needs.

### Too much of a good thing

You want to make sure you get enough trace minerals, but it's important to know that getting too much of them can be bad for you. Some can be toxic at high levels. So talk to your doctor to make sure you're getting the right amounts of each.