

CATEGORY	SYMPTOM / DISEASE / CONDITION	MINERAL
BACTERIA/FUNGUS/VIRUS	<i>Anti-bacterial</i>	Silver
BACTERIA/FUNGUS/VIRUS	<i>infections</i>	Sodium
BACTERIA/FUNGUS/VIRUS	<i>Kills over 650 diseases causing organisms</i>	Silver
BACTERIA/FUNGUS/VIRUS	<i>Anti-fungal</i>	Silver
BACTERIA/FUNGUS/VIRUS	<i>Anti-viral</i>	Silver
BACTERIA/FUNGUS/VIRUS	<i>Anti-viral-fungal-bacterial</i>	External only - Tea Tree Oil
BIRTH DEFECTS	<i>Cleft lip and cleft palate</i>	Zinc
BIRTH DEFECTS	<i>Clubbed limbs</i>	Zinc
BIRTH DEFECTS	<i>Down's syndrome</i>	Zinc
BIRTH DEFECTS	<i>Heart and lung defects</i>	Zinc
BIRTH DEFECTS	<i>High infant mortality</i>	Selenium
BIRTH DEFECTS	<i>High infant mortality</i>	Zinc
BIRTH DEFECTS	<i>High newborn mortality</i>	Nickel
BIRTH DEFECTS	<i>Still births or spontaneous miscarriages</i>	Manganese
BIRTH DEFECTS	<i>Sudden Infant Death Syndrome (SIDS)</i>	Selenium
BIRTH DEFECTS	<i>Urogenital defects</i>	Zinc
BIRTH DEFECTS	<i>Webbed toes or fingers</i>	Zinc
BIRTH DEFECTS	<i>birth defects (spina bifida, hydroencephalocoele)</i>	Folic Acid
BIRTH DEFECTS	<i>Birth defects</i>	Magnesium
BIRTH DEFECTS	<i>Birth defects</i>	Zinc
BIRTH DEFECTS	<i>Scoliosis(spinal curves)</i>	Selenium
BIRTH DEFECTS	<i>Spina Bifida</i>	Zinc
BIRTH DEFECTS	<i>Small or absent eyes</i>	Zinc
BLOOD	<i>Aid in oxygen utilization</i>	Germanium
BLOOD	<i>Anemia</i>	Cobalt
BLOOD	<i>Anemia</i>	Iron
BLOOD	<i>Anemia</i>	Zinc
BLOOD	<i>Anemia (common in vegans & high milk users)</i>	Copper
BLOOD	<i>Anemia (low hematocrit)</i>	Nickel
BLOOD	<i>Anemia (red blood cell fragility)</i>	Selenium
BLOOD	<i>Hemoglobin (oxygen carrier in red blood cells)</i>	Iron
BLOOD	<i>Sickle cell anemia</i>	Selenium
BLOOD	<i>Sickle cell anemia</i>	Sulfur
BLOOD	<i>anemia</i>	Biotin
BLOOD	<i>anemia (megaloblastic)</i>	Folic Acid
BLOOD	<i>clotting</i>	EFA - Omega 3 - EPA/DHA

BLOOD PRESSURE	High blood pressure	Calcium
BLOOD PRESSURE	Hypertension (high blood pressure)	Calcium
BLOOD PRESSURE	Hypotension (low blood pressure)	Magnesium
BLOOD PRESSURE	Hypotension (low blood pressure)	Potassium
BLOOD PRESSURE	Hypotension (low blood pressure)	Sodium
BLOOD SUGAR	Aids in glucose (blood sugar) oxidation and transport	Vanadium
BLOOD SUGAR	Diabetes	Vanadium
BLOOD SUGAR	Diabetes	Chromium (Vanadium also)
BLOOD SUGAR	Enhances insulin effectiveness (aids with blood sugar problems)	Vanadium
BLOOD SUGAR	Glucose intolerance	Potassium
BLOOD SUGAR	Hypoglycemia - low blood sugar	Manganese
BLOOD SUGAR	Hypoglycemia - low blood sugar	Vanadium
BLOOD SUGAR	Hypoglycemia - low blood sugar	Chromium (Vanadium & Copper also)
BLOOD SUGAR	Involved in functions of hemoglobin, insulin hormone, adrenal hormones, enzymes, and antibodies	Sulfur
BLOOD SUGAR	Prediabetes	Chromium (Vanadium also)
BLOOD SUGAR	Reduced glucose tolerance (low blood sugar)	Copper
BLOOD SUGAR	hyperglycemia (diabetes)	Biotin
BONES/JOINTS	Aids efficient calcium and magnesium use	Boron
BONES/JOINTS	Arthritis	Calcium
BONES/JOINTS	Arthritis	Magnesium (glycinate)
BONES/JOINTS	arthritis	EFA- Omega 3 - EPA/DHA
BONES/JOINTS	Arthritis	Germanium
BONES/JOINTS	Arthritis (especially where growth plates are involved)	Copper
BONES/JOINTS	Back pains (sciatica, disc problems)	Calcium
BONES/JOINTS	Bone spurs	Calcium
BONES/JOINTS	Calcium deposits	Calcium
BONES/JOINTS	Degeneration of cartilage, ligaments and tendons	Sulfur
BONES/JOINTS	Essential for bone metabolism	Boron
BONES/JOINTS	Fragile bones	Iron
BONES/JOINTS	Fragile bones/arthritis	Copper
BONES/JOINTS	Increases collagen in growing bone by 100%	Silica
BONES/JOINTS	Osteofibrosis (enlargement of bones with scar tissue)	Calcium

BONES/JOINTS	<i>Osteomalacia (failure to mineralize the protein bone matrix)</i>	Calcium
BONES/JOINTS	<i>Osteoporosis</i>	Germanium
BONES/JOINTS	<i>Osteoporosis (& Dowaagers Hump, spontaneous fractures, kyphosis)</i>	Calcium
BONES/JOINTS	<i>Poor cartilage formation problems</i>	Manganese
BONES/JOINTS	<i>Reduces active joint inflammation</i>	Gold
BONES/JOINTS	<i>Reduces calcium loss from bones (Osteoporosis)</i>	Boron
BONES/JOINTS	<i>Ruptured vertebral discs problems</i>	Copper
BONES/JOINTS	<i>Several collagen diseases</i>	Sulfur
BONES/JOINTS	<i>Shortened long bones</i>	Manganese
BONES/JOINTS	<i>Bone pain</i>	Phosphorus
BONES/JOINTS	<i>Chondrodystrophy (weak cartilage)</i>	Manganese
BONES/JOINTS	<i>Chondromalacia (Runner's knee)</i>	Manganese
BONES/JOINTS	<i>Otosclerosis ("lipping" of epiphyseal plates)</i>	Copper
BONES/JOINTS	<i>Rickets (softening of bones)</i>	Calcium
BOWEL	<i>Constipation</i>	Iodine
BOWEL	<i>Constipation</i>	Iron
BOWEL	<i>Constipation</i>	Potassium
BOWEL	<i>Diarrhea - acute</i>	MAGNESIUM GLYCINATE
BOWEL	<i>Diarrhea - acute</i>	CALCIUM CITRATE
BOWEL	<i>Diarrhea</i>	Copper
BOWEL	<i>Diarrhea</i>	aloe vera inner leaf
BOWEL	<i>diarrhea</i>	EFA- Omega 3 - EPA/DHA
BOWEL	<i>Diarrhea</i>	Zinc
BOWEL	<i>flatulence</i>	Sodium
BOWEL	<i>Frequent bowel movements</i>	Iodine
CANCER	<i>Anti-cancer properties</i>	Vanadium
CANCER	<i>Cancer</i>	Germanium
CANCER	<i>Cancer (associated with high vegetable oil intake) (Number 2 killer)</i>	Selenium
CANCER	<i>Cancer aid; cesium enters cancer cell and produces alkaline condition</i>	Cesium
CANCER	<i>Cancer prevention properties</i>	Samarium
CANCER	<i>Cancer risk</i>	Selenium
CANCER	<i>HIV (AIDS)</i>	Selenium
CANCER	<i>Malignant calcification of soft tissue</i>	Magnesium
CHOLESTEROL	<i>Aortic cholesterol plaque</i>	Chromium
CHOLESTEROL	<i>Decreases cholesterol production</i>	Vanadium
CHOLESTEROL	<i>Elevated blood cholesterol</i>	Chromium

CHOLESTEROL	<i>Elevated blood cholesterol</i>	<i>Iodine</i>
CHOLESTEROL	<i>Elevated blood triglycerides</i>	<i>Chromium</i>
CHOLESTEROL	<i>Elevated cholesterol and triglycerides</i>	<i>Vanadium</i>
CHOLESTEROL	<i>High blood cholesterol</i>	<i>Copper</i>
CHOLESTEROL	<i>Hypercholesterolemia</i>	<i>Chromium</i>
CHOLESTEROL	<i>Hypercholesterolemia</i>	<i>Copper</i>
CHOLESTEROL	<i>Hypercholesterolemia</i>	<i>Manganese</i>
CHOLESTEROL	<i>Hypercholesterolemia</i>	<i>Potassium</i>
CHOLESTEROL	<i>Hypercholesterolemia</i>	<i>Zinc</i>
CHOLESTEROL	<i>hypercholesterolemia</i>	<i>Biotin</i>
CIRCULATORY	<i>Calcification of small arteries</i>	<i>Magnesium</i>
CIRCULATORY	<i>Limb numbness</i>	<i>Calcium</i>
CIRCULATORY	<i>Varicose veins</i>	<i>Copper</i>
CIRCULATORY	<i>Atherosclerosis</i>	<i>Manganese</i>
CIRCULATORY	<i>Aneurysms (on wall bulges)</i>	<i>Copper</i>
CRAVING	<i>Dirt eating (pica)</i>	<i>Iron</i>
CRAVING	<i>Ice eating (pica)</i>	<i>Iron</i>
CRAVING	<i>Pica</i>	<i>Phosphorus</i>
CRAVING	<i>Pica (eating hair, wool, etc.)</i>	<i>Zinc</i>
CRAVING	<i>Pica (eating lead paint)</i>	<i>Calcium</i>
DIGESTIVE	<i>"Salt" retention</i>	<i>Potassium</i>
DIGESTIVE	<i>abdominal cramps</i>	<i>Sodium</i>
DIGESTIVE	<i>High protein diets increases demands for calcium</i>	<i>Calcium</i>
DIGESTIVE	<i>Depressed oxidative ability of the liver</i>	<i>Nickel</i>
DIGESTIVE	<i>GI upset</i>	<i>Iron</i>
DIGESTIVE	<i>Hernias</i>	<i>Copper</i>
DIGESTIVE	<i>Hiatal hernia and umbilical hernia</i>	<i>Zinc</i>
DIGESTIVE	<i>Increased appetite</i>	<i>Iodine</i>
DIGESTIVE	<i>Malabsorption</i>	<i>Zinc</i>
DIGESTIVE	<i>nausea & vomiting</i>	<i>Sodium</i>
DIGESTIVE	<i>Obesity</i>	<i>Vanadium</i>
DIGESTIVE	<i>Pancreatic atrophy</i>	<i>Manganese</i>
DIGESTIVE	<i>Pancreatic atrophy and fibrosis</i>	<i>Selenium</i>
DIGESTIVE	<i>Pancreatitis</i>	<i>Selenium</i>
DIGESTIVE	<i>Ulcers result from lack of bismuth & a bacteria <i>Helicobacter pylori</i></i>	<i>Bismuth (PeptoBismol)</i>
DIGESTIVE	<i>Weight gain</i>	<i>Iodine</i>
DIGESTIVE	<i>Weight loss</i>	<i>Iodine</i>
DIGESTIVE	<i>Weight loss</i>	<i>Phosphorus</i>

DIGESTIVE	<i>weight loss</i>	<i>Sodium</i>
DIGESTIVE	<i>GI upsets/diarrhea</i>	<i>Folic Acid</i>
DIGESTIVE	<i>dyspepsia (indigestion)</i>	<i>Folic Acid</i>
ENERGY	<i>lethargy</i>	<i>Sodium</i>
ENERGY	<i>Lethargy</i>	<i>Zinc</i>
ENERGY	<i>Listlessness and fatigue</i>	<i>Iron</i>
ENERGY	<i>Low energy</i>	<i>Germanium</i>
ENERGY	<i>Restlessness</i>	<i>Magnesium</i>
ENERGY	<i>Weakness</i>	<i>Phosphorus</i>
ENERGY	<i>fatigue</i>	<i>Biotin</i>
ENERGY	<i>fatigue</i>	<i>Folic Acid</i>
ENERGY	<i>weakness</i>	<i>Folic Acid</i>
EYES	<i>Bulging eyes</i>	<i>Iodine</i>
EYES	<i>Cataracts</i>	<i>Selenium</i>
EYES	<i>Eye Floaters</i>	<i>Phosphorus</i>
EYES	<i>Eye Infections</i>	<i>SILVER</i>
EYES	<i>Poor vision</i>	<i>Lutein</i>
FATIGUE	<i>Fatigue</i>	<i>Chromium</i>
FATIGUE	<i>Fatigue</i>	<i>Copper</i>
FATIGUE	<i>Fatigue</i>	<i>Iodine</i>
FATIGUE	<i>Fatigue</i>	<i>Iron</i>
FATIGUE	<i>Fatigue</i>	<i>Phosphorus</i>
FATIGUE	<i>Fatigue</i>	<i>Potassium</i>
FATIGUE	<i>Fatigue</i>	<i>Selenium</i>
FATIGUE	<i>fatigue</i>	<i>Sodium</i>
FATIGUE	<i>Fatigue</i>	<i>Zinc</i>
FINGERNAILS	<i>Brittle fingernails</i>	<i>Calcium</i>
FINGERNAILS	<i>Brittle fingernails</i>	<i>Silica</i>
FINGERNAILS	<i>Brittle nails</i>	<i>Iodine</i>
FINGERNAILS	<i>Brittle nails</i>	<i>Iron</i>
FINGERNAILS	<i>Brittle nails</i>	<i>Zinc</i>
FINGERNAILS	<i>White spots on nails</i>	<i>Zinc</i>
GALL BLADDER	<i>gall stones</i>	<i>EFA- Omega 3 - EPA/DHA</i>
GENERAL	<i>Deficiency may be involved in chronic fatigue diseases</i>	<i>Lanthanum</i>
GENERAL	<i>Emaciation, listless, starved look, pale mucus membranes</i>	<i>Cobalt</i>

GENERAL	<i>Heat intolerance</i>	<i>Iodine</i>
GENERAL	<i>Insomnia</i>	<i>Calcium</i>
GENERAL	<i>Insomnia</i>	<i>Iodine</i>
GENERAL	<i>Insomnia</i>	<i>Magnesium</i>
GENERAL	<i>Insomnia</i>	<i>Potassium</i>
GENERAL	<i>Low basal body temperature</i>	<i>Iodine</i>
GENERAL	<i>Negative nitrogen balance (body lean mass/protein loss)</i>	<i>Chromium</i>
GENERAL	<i>Poor zinc absorption</i>	<i>Nickel</i>
GENERAL	<i>Strontium can replace calcium in many organisms including man</i>	<i>Strontium</i>
GENERAL	<i>Subdues inflammation and promotes healing</i>	<i>Silver</i>
GENERAL	<i>insomnia</i>	<i>Biotin</i>
GENERAL	<i>insomnia</i>	<i>Folic Acid</i>
GENERAL	<i>Cold intolerance</i>	<i>Iodine</i>
GENERAL	<i>Copper needed to utilize iodine</i>	<i>Iodine</i>
GENERAL	<i>Essential trace element</i>	<i>Strontium</i>
GLANDULAR	<i>atrophy of endocrine glands</i>	<i>EFA- Omega 3 - EPA/DHA</i>
GLANDULAR	<i>endocrine dysfunction</i>	<i>EFA- Omega 3 - EPA/DHA</i>
GLANDULAR	<i>Hypo or Hyper thyroid</i>	<i>Copper</i>
GLANDULAR	<i>Hypothyroidism</i>	<i>Iodine</i>
GLANDULAR	<i>Needed by body for thyroid function (Thyroxin is thyroid hormone)</i>	<i>Iodine</i>
GLANDULAR	<i>Over-active thyroid</i>	<i>Iodine</i>
GLANDULAR	<i>Proper endocrine function</i>	<i>Boron</i>
GLANDULAR	<i>Under-active thyroid</i>	<i>Iodine</i>
GLANDULAR	<i>Goiter (throat swelling)</i>	<i>Iodine</i>
GLANDULAR	<i>Kawasaki disease</i>	<i>Copper</i>
GROWTH	<i>Delayed puberty</i>	<i>Nickel</i>
GROWTH	<i>Essential part of Vitamin B 12 (Growth and nerve system function)</i>	<i>Cobalt</i>
GROWTH	<i>Growth failures</i>	<i>Magnesium</i>
GROWTH	<i>growth retardation</i>	<i>EFA- Omega 3 - EPA/DHA</i>
GROWTH	<i>Growth Retardation</i>	<i>Iron</i>
GROWTH	<i>Growth retardation</i>	<i>Potassium</i>
GROWTH	<i>Growth retardation</i>	<i>Selenium</i>
GROWTH	<i>Poor growth</i>	<i>Nickel</i>
GROWTH	<i>Poor growth & Poor feeding</i>	<i>Samarium</i>
GROWTH	<i>Poor growth (short stature)</i>	<i>Zinc</i>
GROWTH	<i>Reduced growth rate</i>	<i>Lithium</i>
GROWTH	<i>Retarded growth</i>	<i>Calcium</i>

GROWTH	<i>Retarded growth rates</i>	<i>Manganese</i>
GROWTH	<i>Retarded growth/short life span</i>	<i>Chromium</i>
GROWTH	<i>Slow growth</i>	<i>Vanadium</i>
GROWTH	<i>growth retardation</i>	<i>Folic Acid</i>
HAIR	<i>"Frizzy" hair</i>	<i>Zinc</i>
HAIR	<i>alopecia</i>	<i>EFA- Omega 3 - EPA/DHA</i>
HAIR	<i>Alopecia (hair loss)</i>	<i>Copper</i>
HAIR	<i>Alopecia (hair loss)</i>	<i>Zinc</i>
HAIR	<i>dry brittle hair</i>	<i>Copper</i>
HAIR	<i>dry brittle hair</i>	<i>EFA- Omega 3 - EPA/DHA</i>
HAIR	<i>Dry brittle hair</i>	<i>Silica</i>
HAIR	<i>Dry skin & hair</i>	<i>Iodine</i>
HAIR	<i>Hair loss</i>	<i>Iodine</i>
HAIR	<i>Male pattern baldness</i>	<i>Samarium</i>
HAIR	<i>Rough/dry hair coat in animals</i>	<i>Nickel</i>
HAIR	<i>White or gray hair</i>	<i>Copper</i>
HAIR	<i>alopecia (baldness)</i>	<i>Biotin</i>
HANDS	<i>Hand tremors</i>	<i>Iodine</i>
HANDS	<i>Repetitive Motion Syndromes (like TMJ, Carpal Tunnel Syndrome)</i>	<i>Manganese</i>
HEAD	<i>Brain defects</i>	<i>Zinc</i>
HEAD	<i>Cerebral palsy & hypoplasia (failure to form) of the cerebellum</i>	<i>Copper</i>
HEAD	<i>Cognitive impairment</i>	<i>Calcium</i>
HEAD	<i>Cognitive impairment</i>	<i>Potassium</i>
HEAD	<i>Dizziness</i>	<i>Iron</i>
HEAD	<i>Dizziness</i>	<i>Manganese</i>
HEAD	<i>dizziness</i>	<i>Sodium</i>
HEAD	<i>Headaches</i>	<i>Iron</i>
HEAD	<i>headaches</i>	<i>Sodium</i>
HEAD	<i>Seizures</i>	<i>Magnesium</i>
HEAD	<i>seizures</i>	<i>Sodium</i>
HEAD	<i>Menstrual migraines</i>	<i>Magnesium</i>
HEAD	<i>Puffy face</i>	<i>Iodine</i>
HEAD	<i>Vertigo (dizziness)</i>	<i>Magnesium</i>
HEAD	<i>headache</i>	<i>Folic Acid</i>
HEAD	<i>ADD (attention deficit disorder)</i>	<i>Lithium</i>
HEAD	<i>ADD/ADHD (attention deficit disorder)</i>	<i>Chromium</i>
HEAD	<i>Alzheimer's disease (associated high vegetable oil consumption)</i>	<i>Selenium</i>

HEAD	<i>Anxiety</i>	<i>Chromium</i>
HEAD	<i>Anxiety</i>	<i>Magnesium</i>
HEAD	<i>Anxiety</i>	<i>Phosphorus</i>
HEAD	<i>Apathy</i>	<i>Zinc</i>
HEAD	<i>Apprehension</i>	<i>Phosphorus</i>
HEAD	<i>Confusion</i>	<i>Iron</i>
HEAD	<i>Confusion</i>	<i>Magnesium</i>
HEAD	<i>confusion</i>	<i>Sodium</i>
HEAD	<i>Criminal or violent behavior, blind rage, explosive outbursts</i>	<i>Copper</i>
HEAD	<i>crying jags</i>	<i>Sodium</i>
HEAD	<i>Delusions</i>	<i>Calcium</i>
HEAD	<i>Depression</i>	<i>Calcium</i>
HEAD	<i>Depression</i>	<i>Copper</i>
HEAD	<i>Depression</i>	<i>Iodine</i>
HEAD	<i>Depression</i>	<i>Iron</i>
HEAD	<i>Depression</i>	<i>Lithium</i>
HEAD	<i>Depression</i>	<i>Magnesium</i>
HEAD	<i>Depression</i>	<i>Potassium</i>
HEAD	<i>depression</i>	<i>Sodium</i>
HEAD	<i>Depression</i>	<i>Zinc</i>
HEAD	<i>Depression/Manic depression</i>	<i>Chromium</i>
HEAD	<i>Dr. Jekyll/Mr. Hyde rages</i>	<i>Chromium</i>
HEAD	<i>hallucinations</i>	<i>Sodium</i>
HEAD	<i>Hyperactivity</i>	<i>Calcium</i>
HEAD	<i>Hyperactivity</i>	<i>Chromium</i>
HEAD	<i>Hyperactivity/synophobia</i>	<i>Magnesium</i>
HEAD	<i>illusions</i>	<i>Sodium</i>
HEAD	<i>Inability to concentrate</i>	<i>Iodine</i>
HEAD	<i>Irritability</i>	<i>Calcium</i>
HEAD	<i>Irritability</i>	<i>Iodine</i>
HEAD	<i>Irritability</i>	<i>Iron</i>
HEAD	<i>Irritability</i>	<i>Magnesium</i>
HEAD	<i>Irritability</i>	<i>Phosphorus</i>
HEAD	<i>Irritability</i>	<i>Zinc</i>
HEAD	<i>Learning disabilities</i>	<i>Copper</i>
HEAD	<i>Learning disability</i>	<i>Chromium</i>
HEAD	<i>Lithium deficiency aggravated by high sugar consumption</i>	<i>Lithium</i>
HEAD	<i>Manic depression</i>	<i>Lithium</i>
HEAD	<i>Memory deficits</i>	<i>Iron</i>
HEAD	<i>memory loss</i>	<i>Sodium</i>
HEAD	<i>Memory Loss</i>	<i>Zinc</i>
HEAD	<i>Mental apathy</i>	<i>Potassium</i>

HEAD	Nervousness	Calcium
HEAD	Nervousness	Iodine
HEAD	Nervousness	Potassium
HEAD	Nervousness / neuromuscular irrability	Magnesium
HEAD	Neuromuscular excitability	Calcium
HEAD	Neuromuscular problems	Magnesium
HEAD	Panic attacks	Calcium
HEAD	Paranoia	Zinc
HEAD	Poor memory	Iodine
HEAD	Rages and fits	Lithium
HEAD	anorexia	Folic Acid
HEAD	anorexia and nausea	Biotin
HEAD	apathy	Folic Acid
HEAD	depression	Biotin
HEAD	memory loss	Folic Acid
HEAD	paranoia	Folic Acid
HEAD - CIRCULATORY	Aneurysm/cerebral hemmorage	Copper
HEAD - EARS	Tinnitus	Manganese
HEAD - EARS	Infection	Silver
HEAD - SMELL	Loss of sense of smell	Zinc
HEAD - nose	MRSA	Tea Tree Oil (into nostrils)
HEAD - nose	fungus/bacteria	Tea Tree Oil or Silver (into nostrils)
HEAD - nose	Congestion	Silver (into nostrils)
HEAD - HEARING	Hearing loss	Manganese
HEAD - HEARING	Hearing loss	Samarium
HEAD - HEARING - EARWAX	Blocked hearing	Hydrogen Peroxide (apply externally into ear to melt)
HEART	Palpitations	Magnesium Glycinate
HEART	Arrhythmia	Potassium
HEART	Cardiomyopathy (heart attack)	Selenium
HEART	Cardiovascular disease	Vanadium
HEART	Coronary blood vessel disease	Chromium
HEART	Heart palpations	Iron
HEART	Heart palpitations (irregular heart beat)	Selenium
HEART	Increases effectiveness of heart muscle contraction	Vanadium
HEART	Keshan Disease (myocardial fibrosis)	Selenium
HEART	Palpitations	Calcium
HEART	Palpitations	Potassium
HEART	Poor calcium utilization arterial wall strength problems	Silica
HEART	Rapid pulse	Iodine

HEART	<i>Tachycardia (rapid heart rate)</i>	<i>Potassium</i>
HEART	<i>Tachycardia / palpitations</i>	<i>Magnesium</i>
HEART	<i>ECG changes (aka - EKG)</i>	<i>Potassium</i>
IMMUNE SYSTEM	<i>Enhances immune system (killer cells, interferon, macro phages and T - suppressor cells)</i>	<i>Germanium</i>
IMMUNE SYSTEM	<i>Allergies</i>	<i>EFA - Omega 3 - EPA/DHA</i>
IMMUNE SYSTEM	<i>immunologic dysfunction</i>	<i>EFA - Omega 3 - EPA/DHA</i>
IMMUNE SYSTEM	<i>Impaired immunity</i>	<i>Selenium</i>
IMMUNE SYSTEM	<i>Lupus (auto immune disease)</i>	<i>Sulfur</i>
IMMUNE SYSTEM	<i>Systemic disinfectant and immune support</i>	<i>Silver</i>
IMMUNE SYSTEM	<i>Weaken immune function</i>	<i>Zinc</i>
INFANT	<i>Increased infant mortality</i>	<i>Vanadium</i>
INFANT	<i>Low birth weight</i>	<i>Selenium</i>
INFANT	<i>SIDS (sudden infant death syndrome)</i>	<i>Magnesium</i>
KIDNEY	<i>Kidney stones</i>	<i>Calcium</i>
KIDNEY	<i>kidney dysfunction</i>	<i>EFA- Omega 3 - EPA/DHA</i>
KIDNEY	<i>Proteinuria (excess of serum proteins in the urine)</i>	<i>Potassium</i>
LIVER	<i>fatty degeneration of the liver</i>	<i>EFA- Omega 3 - EPA/DHA</i>
LIVER	<i>Liver cirrhosis</i>	<i>Selenium</i>
LIVER	<i>Liver cirrhosis (Number 9 killer in US)</i>	<i>Copper</i>
LONGEVITY	<i>Shortened life span</i>	<i>Lithium</i>
LUNGS	<i>Asthma</i>	<i>Magnesium</i>
LUNGS	<i>Asthma</i>	<i>Manganese</i>
LUNGS	<i>Cystic fibrosis</i>	<i>Selenium</i>
LUNGS	<i>Respiratory disease</i>	<i>Copper</i>
LUNGS	<i>Respiratory distress</i>	<i>Potassium</i>
LUNGS	<i>Dyspnea (shortness of breath)</i>	<i>Phosphorus</i>
MOUTH - EATING	<i>Anorexia</i>	<i>Cobalt</i>
MOUTH - EATING	<i>Anorexia</i>	<i>Iron</i>
MOUTH - EATING	<i>Anorexia</i>	<i>Magnesium</i>
MOUTH - EATING	<i>Anorexia</i>	<i>Phosphorus</i>
MOUTH - EATING	<i>anorexia</i>	<i>Sodium</i>
MOUTH - EATING	<i>Anorexia and or Bulimia</i>	<i>Zinc</i>

MOUTH - GUMS	<i>Periodontal disease - receding gums (osteoporosis of facial bones & jaw bones)</i>	<i>Calcium</i>
MOUTH - MUCOUS LINING	<i>Angular Stomatitis (inflammation mucous lining of mouth, cheeks, gums, tongue, lips, throat)</i>	<i>Iron</i>
MOUTH - TASTE	<i>taste loss</i>	<i>Sodium</i>
MOUTH - TASTE	<i>Hypogewusia (loss of sense of taste)</i>	<i>Zinc</i>
MOUTH - TEETH	<i>Tooth decay</i>	<i>Calcium</i>
MOUTH - THIRST	<i>Polydipsia (excessive thirst)</i>	<i>Potassium</i>
MOUTH - THROAT	<i>Dysphagia (difficulty swallowing)</i>	<i>Iron</i>
MOUTH - TONGUE	<i>Sore tongue</i>	<i>Iron</i>
MOUTH - TONGUE	<i>geographic tongue</i>	<i>Folic Acid</i>
MOUTH - TONGUE	<i>pale smooth tongue</i>	<i>Biotin</i>
MUSCLES	<i>Convulsions</i>	<i>Manganese</i>
MUSCLES	<i>Hyperreflexia</i>	<i>Potassium</i>
MUSCLES	<i>Multiple Sclerosis</i>	<i>Selenium</i>
MUSCLES	<i>Muscle aches and pains</i>	<i>Iodine</i>
MUSCLES	<i>Muscle cramps</i>	<i>Iodine</i>
MUSCLES	<i>Muscle cramps/spasms/twitches</i>	<i>Calcium</i>
MUSCLES	<i>Muscle pains / tremors / weakness</i>	<i>Magnesium</i>
MUSCLES	<i>Muscle therapy</i>	<i>Manganese</i>
MUSCLES	<i>Muscle weakness</i>	<i>Iodine</i>
MUSCLES	<i>Muscular dystrophy</i>	<i>Selenium</i>
MUSCLES	<i>Muscular weakness</i>	<i>Potassium</i>
MUSCLES	<i>muscular weakness</i>	<i>Sodium</i>
MUSCLES	<i>Myalgia</i>	<i>Selenium</i>
MUSCLES	<i>Tremors</i>	<i>Magnesium</i>
MUSCLES	<i>Tremulousness</i>	<i>Phosphorus</i>
MUSCLES	<i>muscle pain</i>	<i>Biotin</i>
MUSCLES	<i>muscle weakness</i>	<i>Biotin</i>
MUSCLES	<i>Bell's Palsy</i>	<i>Calcium</i>
MUSCLES	<i>Tetany (low blood calcium)</i>	<i>Calcium</i>
MUSCLES	<i>Tetany - Convulsions</i>	<i>Magnesium</i>
MUSCLES	<i>Restless leg syndrome (RLS)</i>	<i>Iron & Magnesium</i>
NERVOUS SYSTEM	<i>Ataxia (neurological muscle/limb control)</i>	<i>Manganese</i>
NERVOUS SYSTEM	<i>ataxia (neurological muscle/limb control)</i>	<i>Sodium</i>
NERVOUS SYSTEM	<i>ALS (Lou Gehrig's disease)</i>	<i>Selenium</i>
NERVOUS SYSTEM	<i>Highly efficient electrical impulse initiator</i>	<i>Germanium</i>
NERVOUS SYSTEM	<i>Numbness</i>	<i>Phosphorus</i>

NERVOUS SYSTEM	<i>Peripheral neuropathy</i>	<i>Chromium</i>
NERVOUS SYSTEM	<i>Parkinson's disease (associated lead poisoning)</i>	<i>Selenium</i>
PANCREAS	<i>Swachman's syndrome</i>	<i>Copper</i>
PARASITES	<i>Effective against blood flukes</i>	<i>Antimony</i>
SEXUAL SYSTEM	<i>Enlarged prostate</i>	<i>Zinc</i>
SEXUAL SYSTEM	<i>Heavy periods or less than 28 day cycles</i>	<i>Iodine</i>
SEXUAL SYSTEM	<i>Impotence</i>	<i>Zinc</i>
SEXUAL SYSTEM	<i>infertility</i>	<i>EFA- Omega 3 - EPA/DHA</i>
SEXUAL SYSTEM	<i>Infertility</i>	<i>Lithium</i>
SEXUAL SYSTEM	<i>Infertility</i>	<i>Selenium</i>
SEXUAL SYSTEM	<i>Infertility</i>	<i>Vanadium</i>
SEXUAL SYSTEM	<i>Infertility</i>	<i>Zinc</i>
SEXUAL SYSTEM	<i>Infertility (failure to ovulate or testicle atrophy)</i>	<i>Manganese</i>
SEXUAL SYSTEM	<i>Infertility and deceased sperm count</i>	<i>Chromium</i>
SEXUAL SYSTEM	<i>Light periods or longer than 28 day cycles</i>	<i>Iodine</i>
SEXUAL SYSTEM	<i>Loss of sex drive</i>	<i>Manganese</i>
SEXUAL SYSTEM	<i>Low sex drive</i>	<i>Iodine</i>
SEXUAL SYSTEM	<i>PMS</i>	<i>Calcium</i>
SEXUAL SYSTEM	<i>Hot flashes</i>	<i>Calcium & Boron</i>
SEXUAL SYSTEM	<i>Menopause</i>	<i>Calcium (the PIG PAK)</i>
SEXUAL SYSTEM	<i>Reproductive failure</i>	<i>Lithium</i>
SEXUAL SYSTEM	<i>Sexual immaturity (remain in prepuberty state)</i>	<i>Zinc</i>
SEXUAL SYSTEM	<i>Small and or poor ovary and testes function</i>	<i>Zinc</i>
SEXUAL SYSTEM	<i>Sterility</i>	<i>Zinc</i>
SEXUAL SYSTEM	<i>Sterility in males</i>	<i>Selenium</i>
SKIN	<i>acne</i>	<i>EFA- Omega 3 - EPA/DHA</i>
SKIN	<i>Acne</i>	<i>Potassium</i>
SKIN	<i>Acne</i>	<i>Zinc</i>
SKIN	<i>Acrodermatitis enteropathica ((around the natural orifices, and in the limbs) dermatitis, alopecia (loss of hair), and diarrhea)</i>	<i>Zinc</i>
SKIN	<i>Age spots or liver spots</i>	<i>Selenium</i>
SKIN	<i>Dermatitis</i>	<i>Nickel</i>
SKIN	<i>Dermatosis</i>	<i>Copper</i>

SKIN	<i>dermatosis</i>	<i>Sodium</i>
SKIN	<i>Eczema</i>	<i>Calcium</i>
SKIN	<i>Eczema</i>	<i>Zinc</i>
SKIN	<i>exzema</i>	<i>EFA- Omega 3 - EPA/DHA</i>
SKIN	<i>Poor skin quality</i>	<i>Silica</i>
SKIN	<i>positive sweat test (cystic fibrosis, anorexia nervosa, etc.)</i>	<i>EFA- Omega 3 - EPA/DHA</i>
SKIN	<i>dry, greyish skin</i>	<i>Biotin</i>
SKIN	<i>Bad body odors ("smelly tennis shoe" syndrome)</i>	<i>Zinc</i>
SKIN	<i>Paresthesia (tingling)</i>	<i>Calcium</i>
SKIN	<i>Paresthesias (tingling)</i>	<i>Phosphorus</i>
SKIN	<i>Ptosis (sagging tissue - eye lids, skin, breasts, stomach, etc.)</i>	<i>Copper</i>
SKIN	<i>xerosis (dry skin)</i>	<i>EFA- Omega 3 - EPA/DHA</i>
SKIN	<i>Xerosis (dry skin)</i>	<i>Potassium</i>
SKIN	<i>Xerosis (dry skin)</i>	<i>Magnesium</i>
SKIN	<i>vitaligo (white patches)</i>	<i>Folic Acid</i>
SKIN - SWEAT	<i>Excessive sweating</i>	<i>Iodine</i>
SKIN - TEMPERATURE	<i>Hypothermia</i>	<i>Magnesium</i>
SWELLING	<i>Edema (Swelling)</i>	<i>Potassium</i>
WOUNDS	<i>impaired wound healing</i>	<i>EFA- Omega 3 - EPA/DHA</i>
WOUNDS	<i>Impaired wound healing</i>	<i>Zinc</i>