

OBJECTIVE

Until the middle of the nineteenth century, the importance of minerals was not known. It was observed that carbohydrate, fat, protein alone were incapable of promoting and sustaining growth. Hence scientists attempted to find out the “missing elements”, namely minerals which are essential for growth and maintenance.

This episode deals with the following important Objectives.

Macrominerals – Calcium, Phosphorous, Magnesium, Sodium, Sulphur, Potassium and Chloride

Ultratrace elements - Cobalt, arsenic, boron, nickel, vanadium, and silicon