

OBJECTIVE

In continuation with the first part, in this unit you learnt about microminerals. In earlier unit, you learnt about the definition and classification of minerals. You learnt about the functions, deficiency and excess of macrominerals and ultratrace minerals. This chapter described functions, deficiency and toxicity for the microminerals.

This episode deals with the following important sub headings

1. Iron
2. Zinc
3. Copper
4. Fluoride
5. Manganese
6. Chromium
7. Iodine
8. Molybdenum
9. Selenium