SUMMARY

A precise definition for the essential microminerals has not been established. The term micro when applied to minerals can be defined as minerals that make up <0.01% of total body weight. Each essential micromineral is necessary for one or more functions in the body. The body's content of the microminerals ranges from <1mg-~4g. The microminerals are Iron, Zinc, Copper, Fluoride, Manganese, Chromium, Iodine, Molybdenum and Selenium. Microminerals functions in association with different enzymes, they participate in reactions involving synthesis, degradation of major metabolites-carbohydrates, lipids, proteins-and nucleic acids. They play important structural role and many biochemical functions. The abnormalities induced by deficiencies are always accompanied by specific biochemical changes. These biochemical changes can be prevented or cured when the deficiency is prevented or cured. Whenever the intake or body concentration is too low or too high, function is impaired and death can result.