

Table 1. The required trace elements and their metabolic functions

Element	Metabolic Function
Iron	Energy transfer by hemoglobin and cytochromes
Zinc	Growth, healing, immune function
Copper	Connective tissue formation and energy transfer
Manganese	Arginine, pyruvate, superoxide metabolism
Chromium	Part of insulin receptor
Selenium	Prevents peroxidation of reduced compounds such as glutathione