



# 10 minerali preziosi per la tua salute (Italian Edition)

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I minerali presenti nel corpo sono fondamentali per la salute: indispensabili per lo sviluppo, il funzionamento degli organi e la protezione dalle malattie. Ecco i dieci più importanti:

Calcio: per le ossa e la crescita

Ferro: trasporta l'ossigeno

Fosforo: ci fornisce l'energia

Iodio: fa funzionare la tiroide

Magnesio: utile al sistema nervoso

Potassio: permette ai muscoli di agire

Rame: mantiene tonica la pelle

Selenio: contrasta l'invecchiamento

Silicio: rinforza le ossa e i tessuti

Zinco: potenzia le autodifese



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