

— Vitamins, Minerals & Dietary Fatty Acids

Minerals

There are two kinds of minerals: macro minerals and trace minerals. Macro minerals are minerals your body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulfur. Your body needs just small amounts of trace minerals. These include iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium.

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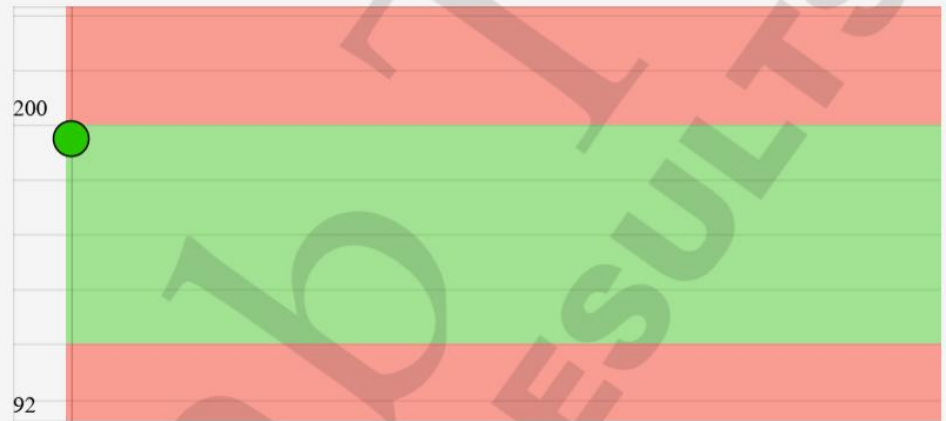
SELENIUM, BLOOD
(mcg/L)

195

Range: 120-200

SELENIUM, BLOOD

(mcg/L)



Result Comments

Selenium is an essential micronutrient and plays critical roles in reproduction, thyroid hormone metabolism, DNA synthesis, and protection from oxidative damage and infection.

For more information, visit <https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/>

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols Institute, Chantilly, VA. It has not been cleared or approved by the FDA. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes.