

## — 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.

Hide

— PHOSPHATE (AS ...  
(mg/dL)

3.1

Range: 2.5-4.5

#### PHOSPHATE (AS PHOSPHORUS)

(mg/dL)

This test is performed to see how much phosphorus in your blood. Kidney, liver, and certain bone diseases can cause abnormal phosphorus levels.

