Chapter 9    Minerals

Based on information found in Chapter 9 of the Reference Manual

1.) Minerals are classified into two (2) groups:
   - Calcium and Magnesium
   - Mineral oils and Mineral deposits
   - Major minerals and Trace minerals
   - Stalactites and stalagmites

2.) In the human body, the mineral present in the largest amount is:
   - Calcium
   - Zinc
   - Magnesium
   - Iron

3.) The physiological function of calcium is:
   - Bone and teeth formation
   - Helps contract and relax muscle
   - Cell wall permeability – regulates fluid passage
   - All of the above

4.) Sodium is a major:
   - Electrolyte
   - Amino Acid
   - Contributor to fat cells
   - Muscle group

5.) In the human body, sodium and potassium are associated with:
   - Water balance
   - Fat balance
   - Muscle growth
   - All of the above

6.) Potassium is absorbed from:
   - The stomach
   - The small intestine
   - The large intestine
   - The esophagus
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7.) Iron plays a vital role in:
   - Blood building and energy production
   - Muscle recovery and fat depletion
   - Bone building and water balance
   - Brain function and central nervous system

8.) Selenium is a natural antioxidant:
   - True
   - False

9.) Chromium is necessary for normal glucose utilization:
   - True
   - False

10.) “Chelated” minerals refers to the action of one or more ______________ attaching itself and completely surrounding a mineral.
    - Fat cell
    - Amino acid
    - Electrolyte
    - Blood cell

Notes:
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