

Mineral	Function in human body	Deficiency disease	Common food sources
Iron	<ul style="list-style-type: none"> ● Oxygen carrier (haem) in haemoglobin ● Electron carrier (in respiration) ● Enzyme cofactor (catalase; peroxidase - breakdown of hydrogen peroxide) 	<ul style="list-style-type: none"> ● Anaemia 	<ul style="list-style-type: none"> ● Liver ● Red meat ● Spinach
Zinc	<ul style="list-style-type: none"> ● Enzyme cofactor (carbonic anhydrase - carriage of carbon dioxide; carboxypeptidase - protein digestion) 	<ul style="list-style-type: none"> ● Growth retardation ● Loss of appetite ● Impaired immune function 	<ul style="list-style-type: none"> ● Most foods