

Minerals for Menopause

	Forget-fulness	Moods	Joint Pain	Hair Loss	Urinary Incontinence	Acne	Heart Attack	Bone Quality	Bone Quantity	Alz
Boron								+	+	
Calcium		+	+		+		+	+		
Copper		+						+		
Magnesium		+					+	+		+
Manganese								+		
Phosphorous										
Potassium							+			
Selenium	+									
Silicon								+		
Sodium							+			
Zinc	+			+	+	+		+		+