

Beneficial Minerals Information

The technology utilized in the **Black Berkey™** purification elements is designed not to remove ionic minerals from the water. The elements are however, designed to remove sedimentary minerals. Additionally, in order to reduce heavy metals, there are several types of media used in the proprietary formulation that have a specific affinity for heavy metals. The best part is that the media used in the **Black Berkey™** elements is designed to not remove beneficial minerals. Because the media formulation does not have an affinity for beneficial minerals such as calcium and magnesium, these minerals should pass right on through the elements.

*Beneficial minerals that are recommended for the human body are typically categorized into two different groups:

Major Minerals: Minerals that are recommended in our diet at recommended amounts greater than 100mg/day.

Trace Minerals: Minerals that are recommended in our diet at recommended amounts less than 100mg/day.

Major Minerals	BENEFICIAL MINERALS RESEARCH
Calcium	Strong bones & muscles, cardiovascular health, tooth & bone formation
Chloride	Helps create cells
Magnesium	Heart Regulation, relaxes muscles
Phosphorus	Tooth & bone formation
Potassium	Sends oxygen to the brain, blood pressure, nerve & muscle function
Sodium	Nerve & muscle function and maintains the proper balance of water in the body
Sulfur	Helps stabilizes protein structures-hair, skin, nails
Trace Minerals	BENEFICIAL MINERALS RESEARCH
Chromium	Glucose function - makes sure every cell gets energy as & when needed
Cobalt	Supports red blood cell production and the formation of myelin nerve coverings.
Copper	Metabolic process, blood cell production; helps create hemoglobin-to carry O2 in blood.
Fluoride	Increases the structural stability of teeth and bones
Iodine	Assists thyroid hormone production, helps make thyroid hormones
Iron	Blood production, disease resistance, production of amino acids, natural muscle building & maintaining healthy red blood cells
Manganese	Nervous System function, bone strength, enzyme production & activation
Molybdenum	Enzyme production & activation
Selenium	Immune function; protects cells from damage
Silica	Necessary for the formation of collagen for bones and connective tissue
Zinc	Prostate, food processing, cellular and immune function

* **NOTE:** Beneficial Mineral Information based upon Internet and other informational research and believed to be accurate at time of publication. Ongoing research and developments can change current conventional wisdom and recommendations regarding different beneficial minerals. When in doubt, it is always a good idea to consult your local health practitioner.