

Micronutrients and Water
FOURTH QUARTER VOCABULARY

1	ADH	Antidiuretic Hormone. Released by the pituitary gland to signal kidneys to reduce urine production.
2	ANION	Element with a negative charge due to more electrons than protons
3	CALCIUM	Most abundant mineral in the body with most being in the bones and teeth.
4	CATION	Element with a positive charge which has more protons than electrons.
5	CHLORIDE	Major mineral present as an anion working to maintain fluid balance outside of the cell.
6	CHROMIUM	Trace mineral that enhances the activity of insulin and increases HDL.
7	COPPER	Trace mineral necessary for iron absorption and use. Part of several enzymes that act as antioxidants.
8	DEHYDRATION	A dangerous condition where the body is significantly lacking in water content.
9	ELECTROLYTE	Chemical ion responsible for maintaining fluid balance in the body. (Na, K, Mg)
10	EXTRACELLULAR	Interstitial. Inbetween and outside of the cell.
11	FLUORIDE	Trace mineral that works with calcium and phosphorus to make bones and teeth stronger.
12	HEAT CRAMPS	The first level of heat injury characterized by nausea, thirst, clammy skin, and throbbing heart beat.
13	HEAT EXHAUSTION	Second level of heat injury in sports characterized by reduced sweating, fatigue, weak rapid pulse, dizziness, and headache.
14	HEAT STROKE	Highest level of heat injury characterized by increased body temperature, hot skin, unsteady walking, swollen tongue, and hearing loss. Call 911.
15	HEMOGLOBIN	Iron containing protein in the blood responsible for transporting oxygen.
16	HYPONATREMIA	Dangerously low sodium level in the blood.
17	HYPOTHALMUS	Section of the brain responsible for hormone production.
18	INORGANIC NUTRIENT	A nutrient that does not contain carbon.
19	IODINE	Trace mineral with the main function of supporting thyroid gland in metabolism.
20	IRON	Trace mineral that functions to accept, carry, and release oxygen. Found in hemoglobin and myoglobin.
21	INTRACELLULAR	Inside of the cell.
22	MACRONUTRIENT	Large molecular nutrients needed in large quantities.
23	MAGNESIUM	Major mineral necessary for more than 300 biochemical reactions in the body.
24	MAJOR MINERALS	Minerals required by the body in quantities greater than 100 mg per day and present in the body in amounts larger than 5 grams.
25	MANGANESE	Trace mineral found in bones, liver, kidneys, and pancreas. Acts as a cofactor for enzymes that turn macronutrients into energy.

26	MICRONUTRIENT	Small molecular nutrients needed in small quantities.
27	MINERAL	Essential inorganic nutrients composed of one element on the periodic table. A deficiency shows symptoms.
28	MOLYBDENUM	Trace mineral functioning as a cofactor for enzymes needed for biochemical reactions.
29	ORGANIC NUTRIENT	Nutrients containing carbon.
30	PHOSPHORUS	The second most abundant mineral in the body contained in bones, teeth, and every cell membrane.
31	POTASSIUM	Major mineral responsible for maintaining fluid balance and controlling blood pressure.
32	SELENIUM	Trace mineral serving as an antioxidant when working with Vitamin E which can also substitute for sulfur in amino acids.
33	SODIUM	Major nutrient present as a cation working outside of the cell to control fluid balance.
34	SULFUR	Major mineral part of other important nutrients needed by the body, such as: Thiamine, Biotin, Insulin, and protein.
35	TRACE MINERALS	Minerals required by the body in quantities less than 100 mg per day and present in the body in amounts less than 5 grams.
36	VITAMIN	Organic micronutrient that shows symptoms of deficiency. Classified by structure rather than function. "Vital-Mineral"
37	VITAMIN A	Retanoic Acid, Retanol. Night Vision.
38	VITAMIN B1	Thiamine. Energy production.
39	VITAMIN B12	Cabrinamine. RBC Production and Nerve cell development. Metabolic help with all macronutrients.
40	VITAMIN B2	Riboflavin. Metabolism. Antioxidant properties.
41	VITAMIN B3	Niacin. Decreases LDL & stabilizes blood sugar. Linked with Alzheimer's.
42	VITAMIN B5	Pantothenic Acid. Helps turn carbohydrates and fats into energy.
43	VITAMIN B6	Pyridoxine. Energy and metabolism particularly with the breakdown of carbohydrates.
44	VITAMIN B7	Biotin. Energy and metabolism particularly with the breakdown of carbohydrates and fats.
45	VITAMIN B9	Folate/Folic Acid. Essential for nerve formation in the fetus.
46	VITAMIN C	Ascorbic Acid. Antioxidant, Immunity.
47	VITAMIN D	Calciferol. Increases absorption of Calcium to help bones and teeth. Number one vitamin deficiency in the USA. Made with exposure to sunlight.
48	VITAMIN E	Tocopherol. Antioxidant. Protects skin and can serve as a topical healer.
49	VITAMIN K	Three forms: K1 (plants), K2 (animals), K3 (synthetic). Blood clotting and bone repair.
50	VOLUMETRICS	The study of the water content in foods based on the principle that people eat the same volume of food daily.
51	WATER INTOXICATION	A condition caused by excessive water ingestion characterized by low sodium level and loss of kidney function.
52	ZINC	Trace mineral that supports proteins, stabilizes cell membranes, assists immunity, as well as other functions.