b. Functions: fluid balance, acid-base balance, regulates muscles and nerves, glucose absorption

9. Potassium (K):
   a. Sources: meat, milk, milk products, veggies, oranges, bananas, prunes, raisins, cereals
   b. Functions: fluid balance, regular heart rhythm, cell metabolism, proper nerve function

10. Chlorine/Cloride (Cl):
    a. Sources: salt, meat, fish, poultry, milk, eggs
    b. Functions: fluid balance, acid-base balance, formation of hydrochloric acid

11. Sulfur (S):
    a. Sources: meat, poultry, fish, eggs
    b. Functions: healthy skin and nails, activates energy producing enzymes

12. Iron (Fe):
    a. Sources: liver, muscle meats, dried fruits, egg yolk, enriched bread and cereals, dark green leafy vegetables
    b. Functions: formation of hemoglobin in red blood cells, part of cell enzymes, aids in production of energy