Editorial
Volume 10:5, 2021

Vitamins & Minerals

ISSN: 2376-1318 Open Access

Scenario of Vitamins and Minerals in Present Days

Okhee Han

Assistant Professor, Department of Nutritional Sciences, Pennsylvania State University, USA

Editorial

Since ancient civilization, humans have applied mining techniques when mining rocks and minerals on Earth's surface. The importance of minerals in our everyday lives can be recognized all around us. From eating nutrient-rich foods to powering smartphones with copper, almost everything we use is a mineral resource. Here are a few common ways we use minerals today.

Minerals are common in vitamin products

Mined minerals are an important part of human nutrition. Iron, manganese, selenium, and calcium all provide day-to-day nutrients that the body needs in order to function. Foods that are full of micronutrients (or vitamins and minerals) can help strengthen cells, fight against harmful viruses, and boost the immune system. Minerals can be found in many of the products that we know and love. In fact, we use or consume more than 25 minerals daily. Some of these include:

- Graphite is often referred to as the most stable form of carbon. Since the early 17th century, the Greeks have used graphite as a writing tool–or pencil.
- Also known as brown coal, Lignite is a mineral that takes millions of years to form. Lignite helps to generate electricity and can be found in plant fertilizer products.
- Every cell in our bodies uses Phosphorus because it promotes growth and energy. This reactive mineral is an active ingredient in items like baking soda, glass, and kitchenware.
- Minerals can be found in batteries, jet engines, and other modern technologies
- Minerals and metals became an integral part of modern technology because they have the power to create everything from home energy storage to AA batteries.

Vitamins and minerals make people's bodies work properly. Although you get vitamins and minerals from the foods you eat every day, some foods have more vitamins and minerals than others.

Vitamins fall into two categories: fat soluble and water soluble. The fat-soluble vitamins — A, D, E, and K — dissolve in fat and can be stored in your body. The water-soluble vitamins — C and the B-complex vitamins (such as vitamins B6, B12, niacin, riboflavin, and folate) — need to dissolve in water before your body can absorb them. Because of this, your body can't store these vitamins. Any vitamin C or B that your body doesn't use as it passes through your system is lost (mostly when you pee). So you need a fresh supply of these vitamins every day.

Whereas vitamins are organic substances (made by plants or animals), minerals are inorganic elements that come from the soil and water and are absorbed by plants or eaten by animals. Your body needs larger amounts of some minerals, such as calcium, to grow and stay healthy. Other minerals like chromium, copper, iodine, iron, selenium, and zinc are called trace minerals because you only need very small amounts of them each day.

Vitamins and minerals boost the immune system; support normal growth and development, and help cells and organs do their jobs. For example, you've probably heard that carrots are good for your eyes. It's true! Carrots are full of substances called carotenoids that your body converts into vitamin A, which helps prevent eye problems. Another vitamin, vitamin K, helps blood to clot (so cuts and scrapes stop bleeding quickly). You'll find vitamin K in green leafy vegetables, broccoli, and soybeans. And to have strong bones, you need to eat foods such as milk, yogurt, and green leafy vegetables, which are rich in the mineral calcium.

How to cite this article: Okhee Han "Scenario of Vitamins and Minerals in Present Days".10 (2021):5-1.

Address for Correspondence: *Okhee Han, Assistant Professor, Department of Nutritional Sciences, Pennsylvania State University, USA, Tel: (1)513-9948; Email: ouh1@psu.edu*

Received 21 April, 2021; **Accepted** 08 May, 2021; **Published** 15 May, 2021