

TRACE ELEMENTS

(See also [Minerals](#))

Some minerals are present in the human body in a very small quantity. They are called trace elements. They are: iron, zinc, copper, manganese, iodine, selenium, chromium, molybdenum, fluoride, and cobalt. As with other minerals, they are essential to life.

The majority of trace elements are present in milk in very small quantities. Only zinc appears in a large quantity. Taking into account the quantities of milk consumed, milk is also a good source of iodine, selenium and molybdenum.

Trace element contents in milk

	Zinc	Iron	Copper	Iodine	Molybdenum	Selenium	Fluoride
Content (mg/100ml)	0.2 to 0.5	0.02 to 0.2	Tr – 0.05	0.007 to 0.008	0.005 to 0.008	0.001 to 0.005	tr-0.007