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Combined actions of vitamins and minerals by [Balfour](#)

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Vitamins and minerals constitute the essential and important micronutrients that are necessary for proper functioning of the body. These nutrients play a vital role in various metabolic mechanisms and hence, greatly aid in maintaining the physical as well as mental well being of any individual. These components although are required in very minute quantities but, they carry out very complicated reactions and maintain the proper balance in the body.

Vitamins are mainly divided into two categories- fat soluble (that includes vitamin A, D, E and K) and water soluble (namely vitamin C and B complex vitamins), whereas calcium, potassium, magnesium, iron, copper, zinc, potassium, sodium, etc. are all belong to the mineral category.

These two important nutrients generally function in an independent way in the body, as their functions are different; but in some cases they work in a conjugated manner. These diversely related nutrients do function in a combined manner and enhance various metabolic activities of the body. Together these nutrients are required for maintaining the well being of tissues, bones, muscles, organs and blood. In addition to functioning in a combined manner, some vitamins are necessary for absorption of certain minerals from the diet into the body.

Combined working nature of essential micronutrients-

Calcium and Vitamin D:

Calcium is a vital nutrient component that is required for development and protection of bones and teeth along with playing a role in the blood clotting mechanism as well as regulation of muscle contraction. But, our body is unable to directly absorb the dietary calcium and hence, vitamin D is responsible for aiding in the absorption of calcium through the formation of calcitriol hormone.

Iron and Vitamin C:

Iron is also an important mineral necessary for various biochemical functions. But, the iron is usually available in two forms namely "heme" (obtained from meat and present in hemoglobin) and non-heme (present in cereals, leafy vegetables and legumes). The absorption of non-heme iron requires Vitamin C, which provides electron to the iron making it easier for absorption of iron by the body.

Calcium and Magnesium:

Both these minerals are found to be associated with specific functions in the body, but they do share certain biochemical functions. Together they aid in regulation of contraction and relaxation of muscles as well as capillaries and maintenance of cell membrane. The magnificent role of calcium and magnesium in the development of strong bones and teeth is a well-known fact.

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