

## Ideal Ranges – 15 Essential Minerals Trace Labs

**These are the current ideals, the original ideals plus the current Trace Elements Labs ranges.**

Mineral	New Ideal (2020)	Old Ideal	Current Range
Calcium - Ca	63	42	22 - 104
Magnesium - Mg	5.35	6	1.3 - 9.4
Sodium - Na	18.5	24	3 - 34
Potassium - K	12.5	10	2 - 23
Copper - Cu	1.65	2.5	0.9 - 3.2
Zinc - Zn	15.5	20	9 - 22
Phosphorus - P	15.5	16	10 - 21
Iron - Fe	1.5	2.2	0.5 - 2.0
Manganese - Mn	.062	1.5	0.012 - 0.112
Chromium - Cr	.05	0.8	0.02 - 0.08
Selenium - Se	.08	.08	0.04 - 0.12
Boron - B	.415	.15	0.0 - 0.83
Cobalt - C	.0025	.005	0.00 - .005
Molybdenum - Mo	.005	.004	.001 - .009
Sulfur - S	4721	2845	3915 - 5528
Lithium - L *	.0035	.004	.000 - .008

\* Lithium is found in the “Additional Elements” in the green section, on page 2 of the HTMA graphs.