

# Relative Mineral Availability in Relation to Urine pH

## Clinical Anecdotal Observations

As urine becomes more acid, minerals tend to be leached from the system. At alkaline pH's minerals tend to be less available.

CATIONIC (Acid)	ANIONIC (Alkaline)	MINERAL LOSS
<6.3	>6.6	IODINE, MOLYBDENUM, SELENIUM
<6.2	>6.8	GERMANIUM
<6.1	>6.9	ZINC
<6.0	>7.0	COPPER, IRON
<5.8	>7.2	MANGANESE, CHROMIUM, VANADIUM, CALCIUM, POTASSIUM, CHLORINE, SULFUR
<5.6	>7.4	PHOSPHOROUS, SILICON, MAGNESIUM, SODIUM, FLUORINE, OXYGEN, NITROGEN