

Micronutrients

Micronutrients are those [vitamins and minerals](#) that organisms require in very small amounts for good health and development. The term contrasts with [macronutrients](#), which refers to carbohydrates, proteins, and fats—nutrients that are needed in much larger quantities. Micronutrients play various roles in cell metabolism and other important biological activities, and chronic micronutrient deficiencies are responsible for widespread health problems around the world.

Overview

Vitamins are organic (carbon-containing) compounds that act most commonly as coenzymes, substances that help [proteins](#) do their jobs in the body. There are thirteen recognized vitamins, each with a letter descriptor: A, C, D, E, K, and eight B vitamins subdivided by number (vitamin B₁, and so forth). Each vitamin also has a chemical name (sometimes more than one); for example, [vitamin C](#) is ascorbic acid.

Dietary minerals are chemical elements (as opposed to compounds) required for good nutrition. Humans require over twenty dietary minerals. Sometimes all of these are considered micronutrients, and sometimes the seven “macrominerals”—those needed in quantities greater than one hundred milligrams per day, such as [calcium](#), [magnesium](#), [potassium](#), and [sodium](#)—are placed in the macronutrient category. The “microminerals,” or trace elements, such as [copper](#), [iodine](#), [iron](#), and [zinc](#), are always considered micronutrients.

Although humans have long understood that eating certain foods is necessary for good health, not until the twentieth century did scientists begin to isolate and identify the basic building blocks of nutrition and the various roles they play in the complex biochemistry of the body. The word “vitamin” was coined by Casimir Funk in 1912, and all the vitamins currently recognized were discovered over the next thirty years or so.

Along with the discovery of vitamins and dietary minerals came an understanding of the diseases caused by not having enough of them. By the middle of the twentieth century, scientists were synthesizing vitamins and minerals in the laboratory, and the first dietary supplements entered the market. Through an understanding of micronutrient deficiencies and how to correct them, many formerly common illnesses, such as [scurvy](#) (vitamin C deficiency) and [rickets](#) ([vitamin D deficiency](#)), became all but a thing of the past.

However, some forms of micronutrient deficiency remain common around the world, especially in developing countries. Near the end of the twentieth century, the World Health Organization (WHO) and other international health agencies identified deficiencies in micronutrients such as vitamin A, iodine, and iron as pressing public health problems worldwide, especially among children and pregnant women. Vitamin A deficiency can cause blindness, among other problems; iodine deficiency can cause serious physical and mental developmental delays; and iron deficiency causes [anemia](#), a blood condition. These deficiencies in a pregnant woman can also lead to health problems in the baby after birth, although as of 2018, WHO guidelines cautioned providers that there was some risk in giving multiple micronutrient supplements (rather than just iron and folic acid) to pregnant women. Global initiatives to counter these problems have begun, including programs to get iodized salt (considered the best deterrent to iodine deficiency) and nutritional supplements to remote or impoverished areas of the world.

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