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phosphorus health professional fact sheet
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this is a fact sheet intended for health
professionals for a reader friendly overview
of phosphorus see our consumer fact sheet on
phosphorus introduction phosphorus an
essential mineral is naturally present in many
foods and available as a dietary supplement
phosphorus is a component of bones teeth dna
and rna in the form of

phosphorus wikipedia Sep 25 2022 web
phosphorus is a chemical element with the
symbol p and atomic number 15 elemental
phosphorus exists in two major forms white
phosphorus and red phosphorus but because it
is highly reactive phosphorus is never found
as a free element on earth it has a
concentration in the earth's crust of about
one gram per kilogram compare copper at

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Mar 19 2022 web sep 19 2022 phosphorus is an
essential mineral and is necessary for our
health it belongs to the group of minerals
called major minerals which means it's stored
in the body in large quantities in fact
phosphorus is the second most abundant mineral
in our body behind calcium and makes up almost
1 of our total body weight

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disease mayo clinic May 21 2022 web jan 11
2023 phosphorus is a mineral that's found
naturally in many foods and also added to many
processed foods when you eat foods that have
phosphorus in them most of the phosphorus goes
into your blood healthy kidneys remove extra
phosphorus from the blood

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phosphorus is a mineral that naturally occurs
in many foods and is also available as a

supplement it plays multiple roles in the body
it is a key element of bones teeth and cell
membranes it helps to activate enzymes and
keeps blood ph within a normal range
phosphorus regulates the normal function of
nerves and muscles

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more Nov 27 2022 web nov 2 2022 phosphorus is
an essential mineral found in every cell of
the human body like calcium sodium magnesium
potassium chloride and sulfur it is a
macromineral this means you need more of it
than trace minerals like iron and zinc the
main purpose of phosphorus is to build and
maintain bones and teeth

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uses periodic Jul 23 2022 web phosphorus is
not found uncombined in nature but is widely
found in compounds in minerals an important
source is phosphate rock which contains the
apatite minerals and is found in large
quantities in the usa and elsewhere there are
fears that peak phosphorus will occur around
2050 after which our sources will dwindle

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Aug 24 2022 web dec 27 2022 phosphorus is a
very widely distributed element 12th most
abundant in crust earth s to which it
contributes about 0 10 weight percent its
cosmic abundance is about one atom per 100

atoms of silicon the standard its high chemical reactivity assures that it does not occur in the free state except in a few meteorites

phosphorus and your diet national kidney foundation Oct 26 2022 web phosphorus is a mineral found in your bones along with calcium phosphorus is needed to build strong healthy bones as well as keeping other parts of your body healthy why is phosphorus important to you normal working kidneys can remove extra phosphorus in

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