

acid. A compound that has a pH lower than 7.

amenorrhea. An abnormal cessation of menstrual periods.

base. A compound that has a pH greater than 7.

cofactor. A substance that acts with enzymes to increase enzyme activity.

cretinism. Severe mental retardation and dwarfed physical features of an infant caused by the mother's iodine deficiency during pregnancy.

fluorosis. A spotty discoloration of teeth caused by high fluoride intake.

goiter. An enlargement of the thyroid gland.

hemoglobin. An iron-containing protein that helps red blood cells carry oxygen from the lungs to cells throughout the body and carbon dioxide from body tissues back to the lungs for excretion.

iron-deficiency anemia. A condition in which the number of red blood cells declines, causing the blood to have a decreased ability to carry oxygen to body tissues.

macromineral. Mineral required in the diet in an amount of 100 or more milligrams per day.

menopause. The time in a woman's life when menstruation ends due to a decrease in production of the hormone estrogen.

micromineral. Mineral required in the diet in an amount of less than 100 milligrams per day.

minerals. An inorganic element needed in small amounts as a nutrient to perform various functions in the body.

myoglobin. An iron-containing protein that carries oxygen and carbon dioxide in muscle tissue.

osmosis. The movement of water across a semipermeable membrane to equalize the solution concentrations of mineral particles on each side of the membrane.

osteoporosis. A condition in which bones become porous and fragile due to a loss of minerals.

pH. A term used to express a substance's acidity or alkalinity as measured on a scale from 0 (extreme acid) to 14 (extreme base).

thyroxine. A hormone produced by the thyroid gland that helps control metabolism.