











Micronutrient	Interactions with other minerals or vitamins	Interactions Symbol	Characteristics of interactions
Iron	Calcium, Zinc	⊖	Reduces the absorption of iron.
	Vitamin A	⊕	Increases the absorption of iron. The level of hemoglobin is higher if iron and vitamin A are taken together than in case of iron alone.
	Vitamin C	⊕	Increases the absorption of iron by enhancing absorption in the gastrointestinal tract.
Calcium	Vitamin D	⊕	Increases bioavailability of calcium, potentiates calcium absorption by bone tissue.
	Magnesium	⊖	Reduces absorption of calcium.
	Zinc	⊖	Reduces absorption of calcium.
Magnesium	Vitamin B6	⊕	Promotes absorption of Magnesium into the body, and enhances the absorption and retention of Magnesium into the cells.
	Calcium	⊖	Reduces absorption of Magnesium.
Manganese	Calcium, Iron	⊖	Impairs absorption of Manganese.
Copper	Zinc	⊖	Reduces absorption of Copper.
Molybdenum	Copper	⊖	Reduces absorption of molybdenum.
Zinc	Vitamin B9(Folic Acid)	⊖	Inhibits absorption of zinc due to the formation of insoluble complexes.
	Calcium,Iron,Copper	⊖	Reduces absorption of zinc in the intestines.
	Vitamin B12	⊕	Increases absorption of zinc.
Chromium	Iron	⊖	Reduces absorption of chromium.

Vitamin A	Vitamin C,E		Protects Vitamin A from oxidation.
	Zinc		Required for the metabolism of vitamin A and for its transformation into an active form.
Vitamin B1	Vitamin B6		Slows the transformation of vitamin B1 to its biologically active form.
	Vitamin B12		Enhances allergic reactions to Vitamin B1. Cobalt ions in the molecule of cobalamin contribute to the breakdown of vitamin B1.
Vitamin B6	Vitamin B12		Cobalt ions in the molecule of cobalamin contribute to the destruction of Vitamin B6.
Vitamin B9	Zinc		Inhibits absorption of vitamin B9 due to the formation of insoluble complexes.
	Vitamin C		Promotes conservation of Vitamin B9 in tissues.
Vitamin B12	Vitamin C, B1, Iron, Copper		Turns vitamin B12 into useless analogs.
Vitamin E	Vitamin C		Restores oxidized vitamin E.
	Selenium		Enhances the antioxidant effects of each other.