

# micronutrients *(mi-cro-nu-tri-ents)*

## Definition

plural n. Essential elements required by organisms in small quantities throughout life to orchestrate a range of physiological functions.

## Example Sentence

**Micronutrients** are vital for maintaining good health and proper body function.

## More Example Sentences

A balanced diet includes an adequate amount of **micronutrients** to support overall well-being.

## Synonyms

vitamins; minerals; trace elements

## Antonyms

macronutrients; carbohydrates; proteins

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