

Essential		Non-essential	
Chromium	Cr	Aluminium	Al
Cobalt	Co	Barium	Ba
Copper	Cu	Bismuth	Bi
Fluorine	F	Cadmium	Cd
Iodine	I	Caesium	Cs
Iron	Fe	Gold	Au
Manganese	Mn	Lead	Pb
Molybdenum	Mo	Silver	Ag
Nickel	Ni	Titanium	Ti
Selenium	Se		
Silicon	Si		
Tin	Sn		
Vanadium	V		
Zinc	Zn		