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### Children's health and trace elements

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#### Abstract:

Requirements of trace elements during childhood are larger than other period. There are higher possibilities to be deficient for trace elements in this period. Zinc, copper, and iodide are most important among those elements. The causes for the deficiency have been changed in recent years. Nutritional deficiency is still the major cause in the developing countries, however, in Japan, skewed food at home based on various reasons lead to unexpected deficiency of specific trace elements.

**Key words:** [trace elements](#), [children](#)

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