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Is boron nutritionally relevant?

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Abstract

Evidence from numerous laboratories using a variety of experimental models, including humans, shows that boron is a bioactive beneficial element. Much evidence has come from studies that did not require nutritional or environmental stressors or fastidious methods in diet preparation or environmental control. The evidence includes deprivation studies showing that boron is necessary for some higher animals to complete the life cycle, and that realistic low boron intakes result in impaired bone health, brain function, and immune response. Thus, low boron intake is a relevant nutritional concern, which diets rich in fruits, vegetables, nuts, and pulses can prevent.

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