Inorganic ions

- 1. Which ion is essential for the growth of healthy roots in a plant?
 - o calcium
 - o potassium
 - o phosphate
 - o nitrate
- 2. Which ion is essential for bone growth in mammals?
 - o magnesium
 - o calcium
 - o potassium
 - o sodium
- 3. Which ion has an important role in energy transfer and storage in mammals?
 - o phosphate
 - o chloride
 - o iron
 - o magnesium