

Copper Caps

2 mg, 100 capsules

Item Catalog Number: 00119

Most people receive sufficient amounts of the mineral copper in their diet, and too much copper can produce free radicals in a similar manner to iron.¹⁷⁰ However, individuals consuming over 50 mg of zinc daily and/or a high level of fructose are advised to supplement their diet with 2 mg copper several times per week.¹⁷¹⁻¹⁷⁴ Adequate copper nutritional status appears to be necessary for normal iron metabolism and red blood cell formation.* Copper is required by the body to convert iron into hemoglobin and is an essential constituent of many important body enzymes including a form of superoxide dismutase, a major cellular antioxidant that cannot be supplemented directly.¹⁷¹⁻¹⁷⁵

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 100

Amount Per Serving

Elemental copper (as a chelated mineral) 2 mg

Other ingredients: potato starch, gelatin, purified water, MCT, magnesium stearate, silica.

Dosage and Use

- Take one capsule daily or as recommended by a healthcare practitioner.
- One capsule daily is recommended for those consuming large daily amounts of fructose or with daily intake of zinc greater than 50 mg.

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