



# Copper

**INTRODUCED 1992**

## What Is It?

Copper is an essential trace mineral that supports a number of crucial physiological processes.\*

## Uses For Copper

**Overall Health:** Copper activates a number of enzymes important to energy metabolism. It is the key mineral in lysyl oxidase, an enzyme that weaves together collagen and elastin. Copper assists in the formation of hemoglobin and red blood cells by facilitating iron absorption. It is a key component of two key antioxidant enzymes, ceruloplasmin and superoxide dismutase. It is also used in the production of RNA and the synthesis of phospholipids for formation of myelin sheaths.\*

## What Is The Source?

Copper is sourced naturally from earthen ore. Citrate (copper citrate only) is derived from corn dextrose fermentation. Glycine (copper glycinate only) is synthetic. Hypo-allergenic plant fiber is derived from pine cellulose.

## Recommendations

Pure Encapsulations recommends 1-2 capsules per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Copper has been associated with GI upset, nausea, diarrhea or vomiting. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Copper should be taken separately from Penicillamine by at least 2 hours. Consult your physician for more information.

### Copper (citrate)

each vegetable capsule contains  v 3  
copper (citrate) ..... 2 mg  
(hypo-allergenic plant fiber added to complete capsule volume requirement)  
**1-2 capsules per day, in divided doses, with meals.**

### Copper (glycinate)

each vegetable capsule contains  v 3  
copper (glycinate) ..... 2 mg  
(hypo-allergenic plant fiber added to complete capsule volume requirement)  
**1-2 capsules per day, in divided doses, with meals.**

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.