

Copper

Essential mineral for wide-ranging support[†]

INDICATIONS

- Ages 18 and up
- Cardiovascular and metabolic support[†]

BENEFITS

- Helps activate enzymes important to energy metabolism[†]
- Assists in the formation of hemoglobin and red blood cells[†]
- Supports protein metabolism and phospholipid synthesis[†]

FEATURES

- Available in copper citrate with enhanced bioavailability and copper glycinate forms
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Copper activates a number of enzymes important to energy metabolism. It is the key mineral in lysyl oxidase, an enzyme which weaves together collagen and elastin.¹ Copper assists in the formation of hemoglobin and red blood cells by facilitating iron absorption.² It is involved in protein metabolism, the production of RNA, and the synthesis of phospholipids used in the formation of myelin sheaths.^{3,4†}

SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

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

NOTES

Size 3 caps

Bottle count 60

Order codes CUC6 (citrate), CUG6 (glycinate)

Bottle size 75 cc

REFERENCES

1. DiSilvestro RA, et al. *Metabolism*. 2012 Sep;61(9):1242-6.
2. Reeves PG, et al. *J Nutr*. 2005 Jan;135(1):92-8.
3. Bauerly KA, et al. *Am J Physiol Gastrointest Liver Physiol*. 2005 May;288(5):G1007-14.
4. Cunnane SC, et al. *Ann Nutr Metab*. 1985;29(2):103-10.

SUPPLEMENT FACTS

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Copper (as copper citrate)	2 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	



Copper (citrate)	Quantity	Order Code
	60	CUC6

1 capsule, 1-2 times daily, with meals.

Each (size 3) vegetarian capsule contains:

Copper (as copper glycinate)	2 mg
Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)	



Copper (glycinate)	Quantity	Order Code
	60	CUG6

Visit PureEncapsulationsPro.com for more information about our GMO policy.