

MAJOR MINERALS

Copper

Copper is an essential trace mineral that the body requires for various physiological processes. While copper is essential for health, it's important to note that like many other nutrients, it's needed in moderate amounts. Too much copper can be toxic and lead to a condition called copper toxicity.

Conversely, a deficiency in copper can result in various health problems, including anaemia, bone abnormalities, and neurological issues.

Dietary Sources: Oysters and other shellfish, whole grains, beans, nuts, potatoes, and organ meats (kidneys, liver) are good sources of copper. Dark leafy greens, dried fruits such as prunes, cocoa, black pepper, and yeast are also sources of copper in the diet.

Some benefits include:

Enzyme Activity

Copper is essential for the function of enzymes involved in processes such as energy production.

Iron Metabolism

Copper helps in the absorption of iron from the digestive tract and its incorporation into haemoglobin.

Connective Tissue Formation

Copper is involved in the cross-linking of collagen and elastin.

Nervous System Function

Copper is necessary for the proper functioning of the nervous system.

RDA

Adults - 900 mcg per day

