

Copper in human body

- Copper is an essential trace mineral necessary for survival. It is found in all body tissues and plays a role in making red blood cells and maintaining nerve cells and the immune system. It also helps the body form collagen and absorb iron, and plays a role in energy production.
- Most copper in the body is found in the liver, brain, heart, kidneys, and skeletal muscle.
- Both too much and too little copper can affect how the brain works.
- Deficiency is rare, but it can lead to cardiovascular disease and other problems.

- Copper is an essential nutrient for the body.
- Together with iron, it enables the body to form red blood cells.
- It helps maintain healthy bones, blood vessels, nerves, and immune function, and it contributes to iron absorption.
- Sufficient copper in the diet may help prevent cardiovascular disease

- Copper may also have an antioxidant function. It may help reduce the production of free radicals.
- Free radicals can damage cells and DNA, leading to cancer and other diseases.

- Copper plays an important role in maintaining collagen and elastin, major structural components of our bodies. Scientists have hypothesized that Trusted Source copper may have antioxidant properties, and that, together with other antioxidants, a healthful intake may help prevent skin aging.
- Without sufficient copper, the body cannot replace damaged connective tissue or the collagen that makes up the scaffolding for bone.
- This can lead to a range of problems, including joint dysfunction, as bodily tissues begin to break down.

- Severe copper deficiency is associated with lower bone mineral density and a higher risk of osteoporosis.

- The recommended daily allowance (RDA) is around 900 micrograms Trusted Source(mcg) a day for adolescents and adults.
- The upper limit for adults aged 19 years and above is 10,000 mcg, or 10 milligrams (mg) a day. An intake above this level could be toxic.