

## **Product number B097 Copper bisglycinate - 200 tablets**

This product contains the mineral copper, bound to two molecules of the amino acid glycine. Copper bisglycinate is an easily absorbable form of copper. This stable amino acid chelate copper bisglycinate allows a high concentration of copper to be presented to the specific transport proteins in the intestinal lumen, as it is relatively insensitive to factors in the diet that can adversely affect copper absorption, such as phytate acids and phosphates.

To make this product suitable for both young children and adults, a dosage of 0.3 mg per tablet has been chosen, making it easy to adjust the dosage per age category.

The trace element copper is an essential cofactor for oxidase enzymes that catalyse oxidation-reduction reactions in various pathways of our metabolism. These copper-dependent enzymes are involved in, for example, energy production (ATP), iron metabolism, connective tissue formation and neurotransmission.

### **Some of the functions of copper in our body are:**

- It contributes to the maintenance of normal connective tissues, cartilage and (blood) vessels.
- Copper plays a role in the activity of certain enzymes involved in energy metabolism.
- Copper supports iron transport in the body.
- It has an antioxidant effect and helps protect healthy body cells.
- It contributes to normal pigmentation of the skin and hair.
- It supports the normal functioning of the nervous system and plays an important role in the transmission of stimuli between (nerve) cells.
- Copper supports the immune system and helps ensure good resistance.

### **Ingredients and % Reference Intake per tablet:**

- Copper as bisglycinate: 0.3 mg (elemental) = 33.3% RI
- Fillers: microcrystalline cellulose, maltodextrin (maize), rice starch.
- Anti-caking agents: vegetable glyceryl dibehenate (diglyceride), silicon dioxide.

### **Use and warnings:**

Children from 6 months to 5 years: 1 tablet per day

6 to 13 years: 2 tablets per day

14 to 18 years and older: 3 tablets per day

During pregnancy and breastfeeding: 4 tablets per day

Take with a meal. Do not exceed the recommended dosage. Keep out of reach of children. A dietary supplement is not a substitute for a balanced diet. People with Wilson's disease or related copper storage disorders should not take extra copper. The acceptable upper limit for adults is 5 mg per day.