

Copper bisglycinate

Product number B097 – 200 tablets

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

In order to make this product **suitable for both young children and adults, a dosage of 0.3 mg per tablet has been chosen**, so that the dosage can easily be adjusted per age category.

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

Some 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 anti-oxidative 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 also ensures good resistance

Ingredients and % Reference intake per tablet:

Copper as bisglycinate: 0.3 mg (elemental) = 33.3% RI

Fillers/bulking agents: microcrystalline cellulose, maltodextrin (corn), rice starch. Anti-caking agents: vegetable glyceryl dibehenate (diglyceride), silicon dioxide.

Usage and warnings:

- Children from 6 months to 5 years: 1 tablet per day
- 6 to 13 years: 2 tablets per day
- 14 – 18 years and older: 3 tablets per day
- During pregnancy and breastfeeding: 4 tablets per day

To be taken with a meal. Do not exceed the recommended dosage. Keep out of reach of children. A food supplement is not a substitute for a balanced diet. People with hereditary Wilson's disease or related copper storage diseases should not take extra copper. The tolerable upper limit for adults is 5 mg per day.