InterClinical Professional

Minerals

Vitamins

Copper Plus

Bioactive Synergistic Mineral Supplement

This bioactive copper formula paired with the synergistic nutrient vitamin B2 (riboflavin) maintains healthy immune system function, energy production and connective tissue health.

Supports haemoglobin synthesis and healthy red blood cell production and supports blood vessel health.

Maintains bone, skin, hair and nail health and helps reduce free radical damage to body cells.

For Practitioner Dispensing Only

Nutritional Therapy

Bioactive Bioavailable Quality Ingredients

This formula contains copper in a fully reacted chelated amino acid form paired with the synergistic nutrient vitamin B2 (riboflavin).

What you need to know about this supplement

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- Assists healthy red blood cell production (Copper)
- Supports haemoglobin synthesis (Copper)
- Maintains healthy immune system function (Copper, Riboflavin)
- Supports nerve conduction (Copper)
- Supports bone health (Copper)
- Supports skin health (Riboflavin)
- Supports body mucous membrane health (Riboflavin)
- Supports nail health (Riboflavin)
- Supports hair health (Riboflavin)
- Maintains healthy eye function (Riboflavin)
- Helps reduce free radical damage to body cells (Copper, Riboflavin)
- Maintains energy production (Copper, Riboflavin)
- Supports blood vessel health (Copper)
- Maintains connective tissue health (Copper)

Specifications

Vegan Friendly

90 Film Coated Tablet, (with NutraPolish® (certified organic)

9mm / 9mm

Description: Capsule

Dosage Adults: 1-2 tablets, once daily, or as directed by your healthcare professional.

Vegan friendly

Blended, tableted and packaged in Australia

Allergen & Free From

Ingredients in this product have been formulated without gluten, wheat, yeast, soy, egg, gelatin, fish, molluscs, crustaceans, milk products, peanuts, tree nuts, sesame, bee products, artificial preservatives, colours or flavours.

Each Capsule Contains:

Copper (as Copper (II) glycinate) 2 mg
Riboflavin (Vitamin B2) 500 micrograms

Excipients acacia, calcium hydrogen phosphate, carnauba wax, citric acid, colloidal anhydrous silica, croscarmellose sodium, glycerol, guar gum, lecithin, magnesium stearate, maize starch, maltodextrin, microcrystalline cellulose, purified water.

Vitamins and minerals can only be of assistance if dietary intake is inadequate.

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PEER NOTES

Copper is one of the main bio-metals required by almost all enzymes involved in physiological redox reactions and plays an essential role in the mitochondrial electron transport chain and in the detoxification of reactive oxygen species (ROS). (1,2) It is an enzymatic cofactor involved in haematopoietic, vascular, skeletal, and nervous system tissues. Inadequate copper levels in humans can impair the activity of several cuproenzymes that mediate important physiological functions, including healthy connective tissue formation, normal pigmentation, iron homeostasis, and neurotransmitter synthesis. (1,2,3,4,5) Non-enzymatic functions of copper include angiogenesis, oxygen transport in blood, neurotransmitter homeostasis, and regulation of gene expression. (3) Adequate copper promotes iron absorption and transport, and insufficient copper can cause anaemia that is indistinguishable from iron deficiency anaemia. (3,5,6)

Causes of copper deficiency include Menkes' disease, nephrotic syndrome, protein-losing enteropathy, coeliac disease, inflammatory bowel disease, excessive dietary fructose, excessive dietary zinc, and gastric bypass. (4,6,7) Copper plays an important role in lipid metabolism. Sub-optimal copper levels have repeatedly been shown to promote dyslipidaemia and increase oxidative stress in humans. (6)

Recent studies indicate that sub-optimal copper may be implicated in several common diseases including obesity, ischaemic heart disease, and metabolic syndrome. (6) Marginal copper deficiency may also be an etiological factor in diseases characterised by disrupted lipid metabolism such as non-alcoholic fatty liver disease. (1,6,7) Optic neuropathy and resultant visual loss have recently been linked to copper deficiency. Deficiency is thought to cause demyelination as well as mitochondrial metabolic impairment and oxidative stress which reduce the vitality of neurologic tissue. (4)

The copper glycinate in Copper Plus is a fully reacted amino acid chelate. The structure of the molecule protects the mineral from chemical reactivity as it passes through the stomach, enhancing its stability, absorption, bioavailability, and digestibility. (8)

RIBOFLAVIN (VITAMIN B2)

Riboflavin (Vitamin B2) shares and supports several of copper's roles in the body. It is an integral part of the flavocoenzymes FAD and FMN which are, like copper, part of the electron transport chain central to energy production and critical for the metabolism of lipids. (9) The antioxidant enzymes superoxide dismutase and glutathione reductase are FAD dependent, and low riboflavin can therefore also contribute to oxidative stress. (9,10) Riboflavin also, along with copper, plays a role in erythropoiesis, improves iron absorption and helps in the mobilization of ferritin from tissues. (10)

Work with the Specialists!

InterClinical Laboratories
6/10 Bradford St
Alexandria NSW 2015
Ph: +612 9693 2888
Email: info@interclinical.com.au

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