COPPER

**MAIN FUNCTIONS**
- Frees iron from storage so it can be used to make red blood cells
- Assists antioxidant enzymes
- Assists in the formation and maintenance of connective tissue

**GOOD SOURCES**

**Shellfish**
- Oysters, 6 medium, 2,397 µg

**Nuts**
- Cashew Nuts (raw), 1 ounce (18 cashews), 622 µg

**Legumes**
- Lentils (cooked), 1 cup, 497 µg

**SPECIAL NOTES**
- Liver (from lamb, veal, beef, and geese) is also a rich source of copper.
- Copper is widely distributed in food; a varied diet should provide enough copper to meet the daily recommendation.
- Copper toxicity is rare. The Tolerable Upper Intake Level (UL) for adults is 10,000 µg/day from food and supplements.

**DAILY RECOMMENDATION**
- 900 µg

**µg = micrograms**