

## MAIN FUNCTIONS

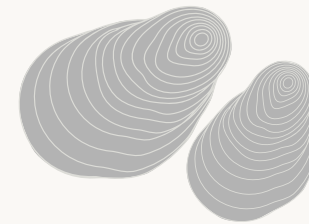
- Frees iron from storage so it can be used to make red blood cells
- Assists antioxidant enzymes
- Assists in the formation and maintenance of connective tissue

## GOOD SOURCES

### Shellfish

oysters • clams • crab

- Oysters, 6 medium, 2,397  $\mu\text{g}$



$\mu\text{g}$  = micrograms

### Nuts

hazelnuts • almonds

- Cashew Nuts (raw), 1 ounce (18 cashews), 622  $\mu\text{g}$



### Legumes

beans • peas • lentils

- Lentils (cooked), 1 cup, 497  $\mu\text{g}$



## DAILY RECOMMENDATION

900  
 $\mu\text{g}$

All Adults

## 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  $\mu\text{g}/\text{day}$  from food and supplements.