

# Kupferbisglycinat



## High quality copper for sensitive persons

The trace element copper appears in different compounds, whereby one can distinguish between organic and inorganic copper forms. In the organic copper bisglycinate compound, the trace element is bound to two amino acids "L-glycine". This "chelated" form gives the compound special properties, such as high bioavailability and excellent tolerability. Copper bisglycinate is absorbed by the body as an amino acid rather than as a mineral. As a result, copper does not have to compete with other minerals for absorption from the intestine, as is usually the case.

Copper bisglycinate also scores in terms of tolerability. With copper bisglycinate, we are fulfilling the frequently expressed wish for a citrate-free copper variant. Especially for those who are sensitive to citrates, this compound is the perfect alternative to the proven copper citrate. We offer our copper bisglycinate in the usual copper dosage of 2 mg per capsule per day.

## Copper: The chameleon among trace elements


While many trace elements are attributed one main task, copper impresses with its diversity. As a component of numerous enzymes, copper is involved in very different bodily functions. It plays a role in the nervous system and energy metabolism, supports the body's immune system and helps protect cells from oxidative stress. But our appearance is also shaped by copper. The shimmering orange trace element not only contributes to the formation of normal connective tissue, but also to the normal pigmentation of skin and hair. In everyday life, both animal and plant foods provide us with copper. In particular, seafood is generally considered to be rich in copper. However, green vegetables, grain products, legumes and chocolate also serve as good sources of copper. In certain situations, additional supplementation may be appropriate. Long-term zinc supplementation or taking certain medications can be detrimental to copper absorption.

## Biogena copper bisglycinate - the smart way to supply copper

The new Biogena copper bisglycinate combines good bioavailability with tolerability and leaves no questions unanswered when it comes to copper supplementation.

- With copper bisglycinate, a well-tolerated and bioavailable organic copper compound.
- Copper chelated to the amino acid L-glycine Copper contributes to the maintenance of normal connective tissue
- Copper contributes to the normal pigmentation of skin and hair
- Copper supports normal energy metabolism, the nervous and immune system
- Copper is involved in normal iron transport in the body
- Copper helps protect cells from oxidative stress

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### Possible areas of application

- For targeted increase of copper intake in case of increased demand
- For improved intake in case of copper losses due to high long-term zinc intake or as an adjunct to medications that inhibit copper uptake into the body

### Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colours and flavours
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	1 Capsule	% NRV*
Copper	2 mg	200

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

### INGREDIENTS

Bulking agent: powdered cellulose, hydroxypropyl methyl cellulose (capsule shell), copper bisglycinate.

### RECOMMENDED DOSAGE

1 capsule daily taken outside mealtimes with plenty of liquid. When taking a zinc preparation at the same time, it is reasonable to take the two trace elements separately: Copper in the morning, zinc in the evening.

### NOTE

Food supplement in accordance with EU Directive 2002/46/EC

### IMPORTANT NOTICE

Not suitable under the age of 7.

### PACKAGE SIZE AND CONTENT

120 capsules (4 month supply), 20 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version: 14.12.2022.



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