

Kupfer 2 mg



The copper supply for targeted intake

Copper: component of numerous enzymes

Copper is one of the lesser known trace elements. Copper is a component of numerous enzymes and is involved in many different metabolic processes. For example, copper is involved in the formation of connective tissue, the transport of iron in the body or in the metabolism of nerves and energy. It contributes to the normal immune functions and is involved in the antioxidative defence system of the body. The long-term intake of greater quantities of zinc can impair the copper supply. Copper and zinc compete with one another to be absorbed in the body. Therefore, attention should be paid to a sufficient copper intake in case of long-term zinc intake.

Biogena Kupfer 2 mg: for targeted increase of the copper supply

Biogena Kupfer 2 mg contains copper in the form of cupric citrate, which can be easily absorbed by the body. The targeted intake of Biogena Kupfer 2 mg can increase the copper supply when there is increased requirement and is also recommended in cases of greater copper losses – for example, due to specific drugs or the regular intake of zinc.

Physiological functions of the vital substance contained:

- Copper contributes to maintaining normal connective tissue
- Copper is involved in the pigmentation of skin and hair
- It supports energy metabolism and the normal function of the nervous and immune systems.
- It is involved in iron transport in the body
- It contributes to the protection of cells against oxidative stress


Possible areas of application:

- For targeted increase of copper intake in case of increased need
- For a conscious intake in case of long-term zinc intake or the intake of certain medications that may affect copper status.

Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colours and flavours
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic

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BIOGENA
WELCOME TO YOURSELF

- Vegetable capsule shell
- 100 % vegetarian
- 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

Calcium carbonate, hydroxypropyl methyl cellulose (capsule shell), cupric citrate.

RECOMMENDED DOSAGE

1 capsule daily taken outside mealtimes with plenty of liquid.

NOTE

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

PACKAGE SIZE AND CONTENT

60 capsules (2 month supply), 19 g

Food supplement: The recommended daily dosage should not be exceeded. No 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. Subject to print or typographical errors. Version 26.05.2021



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