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Copper

Copper is a cofactor (helper molecule that assists in biochemical transformations) for several enzymes (known as “cuproenzymes”) involved in energy production, iron metabolism, neuropeptide activation, connective tissue synthesis.

Copper is also involved in many physiologic processes, such as the formation of new blood vessels; neurohormone homeostasis; and regulation of gene expression, brain development, pigmentation, and immune system functioning.

In addition, defense against oxidative damage depends mainly on the copper-containing superoxide dismutases.