

## — Vitamins, Minerals & Dietary Fatty Acids

### Minerals

There are two kinds of minerals: macro minerals and trace minerals. Macro minerals are minerals your body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulfur. Your body needs just small amounts of trace minerals. These include iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium.

Hide

— COPPER, PLASMA  
(mcg/dL)

116

Range: 70-175

#### COPPER, PLASMA

(mcg/dL)



#### Result Comments

Copper is an essential element that is a cofactor of many enzymes, including ceruloplasmin, which plays a role in iron metabolism and carries more than 95% of the total copper in healthy human plasma. It is also involved in many physiologic processes, such as angiogenesis; neurohormone homeostasis; and regulation of gene expression, brain development, pigmentation, and immune system functioning. Copper concentrations increase in acute phase reactions and are decreased with nephrosis, malabsorption, and malnutrition.

For more information, visit <https://ods.od.nih.gov/factsheets/Copper-HealthProfessional/>

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols Institute, Chantilly, VA. It has not been cleared or approved by the FDA. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes.