



Catherine Howard

Your test results

Free Copper and Zinc

Summary

Congratulations on taking the Free Copper and Zinc which puts you in control of your health data!



i-screen

Collection Date: 02 Jun 2023

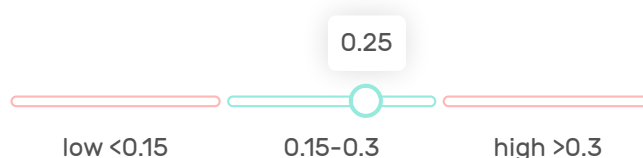
Free Copper to Zinc Ratio

From a functional medicine perspective your 'copper to zinc' ratio is elevated. Copper competes with zinc for intestinal absorption and serum protein binding sites and thus the ratio can reflect the availability of zinc in the body. There is some evidence that a copper to zinc ratio above 1.0 may be associated with higher levels of inflammation and oxidative stress.

While the copper to zinc ratio can provide some useful information about nutrient status and potential imbalances, it is not the only factor to consider when assessing nutritional status. Other factors, such as the absolute levels of copper and zinc in the blood, as well as the levels of other nutrients, should also be taken into account. Additionally, symptoms and clinical history should be considered when evaluating potential nutrient imbalances or deficiencies.

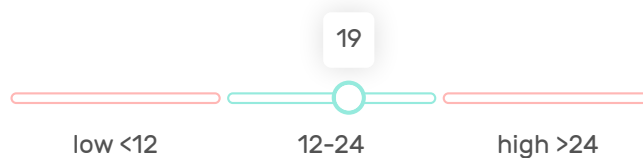
Caeruloplasmin 0.25 g/L

Ceruloplasmin is a carrier protein that transports more than 95% of copper in the blood. Low caeruloplasmin combined with low blood copper suggest copper deficiency.



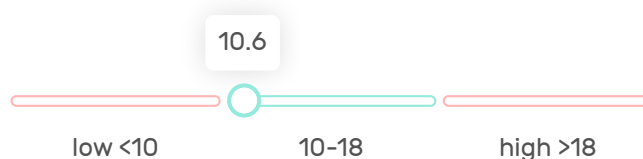
Copper 19 umol/L

Found in organ meats, shellfish, chocolate, mushrooms, nuts, beans, and whole-grain cereals. Helps protect cells from damage, and is needed for forming bone and red blood cells.



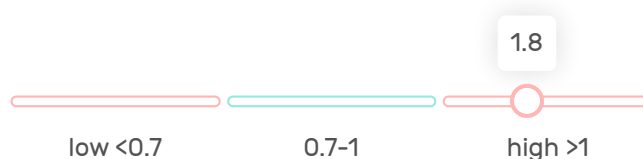
Zinc 10.6 umol/L

Found in liver, eggs, seafood, red meats, oysters, certain seafood, milk products, eggs, beans, peas, lentils, nuts and whole grains. Needed for healthy skin, wound healing, and helps fight illnesses and infections.



Copper to Zinc ratio 1.8

A commonly cited range for the copper to zinc ratio is 0.7 and 1.0. Studies have noted that ratios above 1.0 may be associated with higher levels of inflammation and oxidative stress.



Free Copper 46 %

Recommendations

Optimise your zinc



Consider optimising your zinc levels, and aiming for a 'copper to zinc ratio' of closer to 1.0. Foods rich in zinc include red meat, poultry, beans, nuts and seafood. Most people do not need zinc supplements and get enough zinc from food.

The recommended daily intake of zinc for adult males is 14mg/day, and for adult females is 8mg/day.

Check in with your GP



As always, please visit your GP to discuss your results. Laboratory investigations are an important aspect of healthcare, however they must be viewed in the wider context of your medical history, current health and concerns, physical examination findings and other investigations. These results do not replace the need for face to face medical consultation or regular visits to your local GP. A copy of your lab report is attached for your reference.