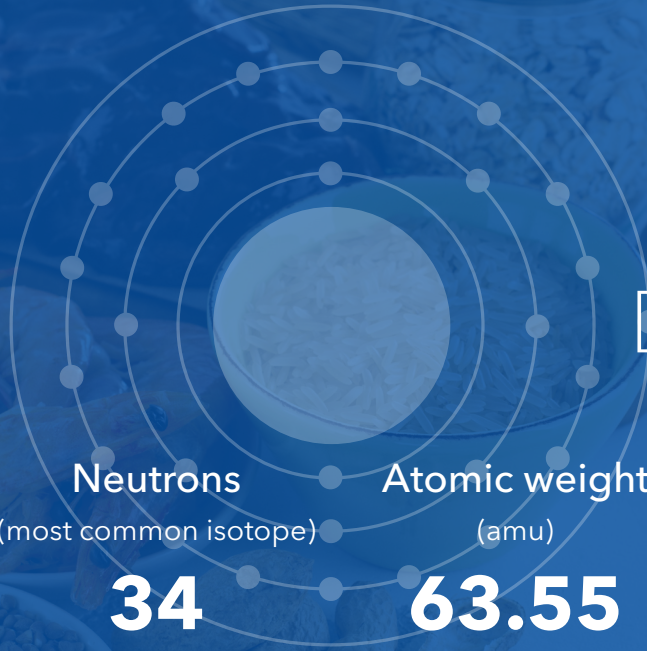


Copper (Cu)



Copper is a transition metal and the only non-silvery looking metal besides gold. It occurs in nature as a pure element or as a part of many minerals. Copper is malleable, ductile and an excellent conductor of heat and electricity. The greenish color of the Statue of Liberty is the result of copper forming an oxide layer which is formed when exposed to air and weather.

Cu
Copper



[Ar] 3d¹⁰ 4s¹

Atomic number
protons/electrons

29

Neutrons

(most common isotope)

34

Atomic weight

(amu)

63.55

Atomic radius

(pm)

132

Functions/Health effect:

In the body, copper plays a vital role in the formation of red and white blood cells, metabolism of iron, and the proper function of the nervous system. It is involved in various enzymes responsible for the metabolism of carbohydrates, fats, and proteins. Copper is necessary for the production of collagen in the body.

Sources:

Copper can be found in a variety of foods, including meat, seafood, nuts, and vegetables. Good sources of copper include liver, shellfish, cocoa, and nuts. It is also available in supplement form, although it is generally recommended to get nutrients from food sources whenever possible. Although copper is an essential element, it is toxic in large amounts. The recommended daily intake for adult men and women is 900 micrograms (mcg) per day, which can be found in about 25 g of cocoa or a single 10g bite size piece of beef liver.

Did you know that?

Copper is a natural antibacterial agent and has been used for centuries to prevent the growth of bacteria and other microorganisms. Copper surfaces, such as door handles and handrails, have been shown to be effective at reducing the spread of infections in hospitals and other public places.

Copper was named after the Latin word "cuprum," which means "from the island of Cyprus," where copper has been mined for thousands of years.

Food
division

