NUTRIPATH

Nutritional Analysis

COPPER CERULOPLASMIN & ZINC - Test Code 5033

Turnaround Time: 5-7 business days

Specimen Type: 1x SST & 1x K2-EDTA (gold & navy-blue)

Description

Copper and zinc are essential trace minerals that play vital roles in various bodily functions, including enzyme activity, immune response and antioxidant defence. Ceruloplasmin is a copper-carrying protein in the blood that helps regulate copper levels and is crucial for iron metabolism (Wang & Wang, 2019).

A balanced ratio of copper and zinc is essential for optimal health; an imbalance may lead to issues such as immune dysfunction, cardiovascular problems and neurological disorders (Feng et al., 2023). Measuring free copper percentage is particularly important as it reflects the bioavailable form of copper that can exert physiological effects. Elevated free copper levels may indicate a risk for oxidative stress and tissue damage, while low levels can signify deficiency (Feng et al., 2023).

This analysis is beneficial for individuals experiencing symptoms related to copper or zinc imbalance, such as fatigue, weakened immunity or cognitive decline (Stiles et al., 2024). By understanding your copper, ceruloplasmin and zinc levels, you can make informed dietary choices and seek appropriate interventions to optimise your health.

Whats included?

- Copper
- Ceruloplasmin
- Free Copper %
- Zinc
- Cu/Zn ratio

Conditions and Symptoms

- Weakened immunity and frequent infections
- Wilson's Disease
- Neurological Disorders
- Cardiovascular Health
- Liver disease
- Mood disorders
- Fatigue and weakness
- Skin changes
- Joint pain

Complementary Testing

- Hair Mineral Analysis Level 2 (Test code 5014)
- Neurotransmitters Advanced (Test code 4036)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*

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*See NATA and CLIA website for further details