

Copper and physical performance

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Abstract

Copper (Cu) is the most known mineral after Iron (Fe). In the human body we find 100-150 mg of Cu. It intervenes in multiple physiological processes, on a cellular and general level. On muscular and bone levels it represents 50% of the human body considering the tissue mass. Intracellular we can find it as CuZnSOD (SOD-1) and extracellular as ceruloplasmin and CuZnSOD (SOD-3) having a major role.

Many researches on animals and humans have shown copper involvement in exercise and training, including antioxidant protection in acute effort and also antioxidant adaptation to training.

Keywords: copper, exercise, antioxidant, training.