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[TOP](#) > [Available Issues](#) > [Table of Contents](#) > [Abstract](#)

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[\[PDF \(1861K\)\]](#) [\[References\]](#)

The Estimation for Adequate Intake of Some Trace Elements such as Copper in Elderly Inpatients

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Abstract:

The main purpose of this study is to estimate adequate intake of copper(Cu)in inpatients of both sexes. Elderly inpatients with enteral nutrition through either nasogastric tube or gastric fistula(156 subjects : 62 men, 94 women)received 4 kinds of Cu amounts : daily Cu intakes of averaged 0.1 mg for 145 days in 60 cases, of 0.388 mg for 101 days in 22, of 0.691 mg for 105 days in 23, and of 1.36 mg for 76 days in 10. Another 9 cases received L-8 liquid food for 24 months, which contained 0.8 mg of Cu per 1,000 kcal. Of those Cu intakes 0.1 mg resulted in hypocupremia, and over 0.691 mg of Cu intakes contributed to normal levels of serum Cu. Elderly inpatients with hospital diets(315 cases : 112 men, 203 women) showed normal values of serum Cu for averaged 36.4 to 52.9 months, who received daily averaged 0.88 to 1.03 mg of Cu. From above findings 0.7 to 1.0 mg of Cu were estimated to be adequate.

Key words: enteral nutrition, serum copper, adequate copper intake, serum zinc, serum selenium

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