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## Biomedical Research on Trace Elements

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### The changes of blood trace elements in elderly inpatients with enteral nutrition

Noboru Saito<sup>1)</sup>

1) Miyazaki Medical Center Hospital, Internal Medicine and Center for Lifestyle- Related Disease

#### Abstract:

This investigation aimed to determine whether enteral liquid L-8 (Asahi Kasei Pharma) could provide with adequate contents of some trace elements or not, which contained 0.8 mg of copper (Cu) and 40  $\mu$ g of selenium (Se) per 1,000 kcal. The investigative period was 12 months. L-8 was administrated to 9 cases (2 men, 7 women), who were divided into 2 groups: 5 cases (1 man, 4 women) with hypocupremia, 72 $\pm$ 17 years old and 4 cases (1 man, 3 women) with normocupremia, 80 $\pm$ 12 years old. Serum Cu, ceruloplasmin (Cp) and Se increased significantly, resulting in their normal ranges. Mean 0.77 mg of Cu intake and 38.4  $\mu$ g of Se intake appear to be daily adequate amounts for elderly inpatients with enteral liquid foods. Blood molybdenum (Mo), manganese (Mn) and iodine (I) also increased, while serum zinc (Zn) and iron (Fe) did not change significantly by use of L-8 liquid food for 12 months.

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