

Pain Management Specialist in San Diego & La Jolla

Zinc Blocks Copper – Use with Extreme Caution. Copper is Essential to Life.

05/21/2014 — Nancy Sajben MD

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I see too many people who are taking zinc. Why?

Why are they combined in multivitamins?

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Zinc blocks copper – use with extreme caution.

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Copper is essential to life.

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Copper is involved in neuronal transmission, oxygenation, mitochondrial function, and the formation of connective tissue. So inhibiting copper must be done with extreme care. Treatment that involves removing copper is tricky.

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The brain needs copper. You have to be careful about pulling

copper out of tissues because copper is essential for life. It is a chelator that may pull too much copper out of tissue. That could disrupt neurotransmitters and thereby affect behavior, health, pain, mood, tissues.

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And high dose zinc is a risk for aggressive prostate cancer.

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Zinc is present in many foods which are the best source of nutrients.

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Memorial Sloan Kettering Cancer Center has a more comprehensive **review** of zinc, its toxicities, drug interactions, and adverse reactions:

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Adverse Reactions

Oral, Common: Taste disturbances, nausea, vomiting, dyspepsia, and diarrhea.

Oral, Toxicity: Copper deficiency, depressed immune function, headache, chills, fever, and fatigue.

Topical: Itching or pain, hypopigmentation, erythema, swelling, scaling, blackening.

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That list understates the devastating neurological damage of a person presented at the Academy of Neurology annual meeting in 2013.

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