



# The human brain has **100 billion neurons**

Copper connects them to 10 thousand other neurons  
Indulge. 1mg of copper per day keeps you healthy

Copper is crucial for the normal formation of the brain and nervous system. It also plays a role in making neurotransmitters, the chemical messengers that facilitate communications between nerve cells, and the movement of electrical impulses along nerves.

Copper dietary sources used in this image:

Oysters: 5.71mg (285% DV) per 100 g Clams: 0.688mg (34% DV) per 100g Beef Liver: 14.588mg (729% DV) per 100g  
Shiitake Mushrooms: 5.165mg (258% DV) per 100g Dark Chocolate: 3.79mg (189% DV) per 100 g Radicchio: 0.3mg (17% DV) per 100 g  
Almonds: 1.031mg (52% DV) of Copper per 100g Pecans: 1.2mg (60% DV) per 100g Lentils: 1.303mg (65% DV) per 100g  
Beans: 1.1mg (55% DV) per 100g Raisins: 0.363mg (18% DV) per 100g Lemon Peel: 0.092mg (5% DV) per 100g