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Consuming metal ions can be a double-edged sword. Ingesting metal ions, i.e. Fe or Cu, with a sufficient amount helps maintain body functions, such as the synthesis of metalloproteins. However, ingesting metal ions with excess amount deposits iron oxides in Parkinson's disease [1] and increases oxidative damage, which leads to chronic inflammatory [2], cancer [3], and premature aging [4].

It's a great job. This task contrasts the beneficial and harmful effects of excessive consumption of Fe and Cu. It is important to write the general harmful effects first and then the specific ones due to excessive Fe and Cu intake.

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18 days ago

You made a great work.