

# COPPER AND ZINC CONTENT OF SEA BERRY, WHEAT GERMS AND FISH

— short report —

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**Abstract:** This report presents the composition in two microelements (copper and zinc) of three foods with high vitamins content: sea berry fruits, wheat germs and fish meat and in their oils. The content in copper and zinc was measure using the atomic absorption spectrometry with graffito oven. The results indicates that sea berry fruits, wheat germs and fish meat are rich in microelements. A part of microelements content of these foods is founded again in sea berry, wheat germs and fish oils. The wheat germs oil has the highest content in microelements.

**Keywords:** sea berry oil, wheat germs oil, fish oil, microelements, atomic absorption spectrometry

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