

**THE USE OF RADIOISOTOPES AND LOW ABUNDANCE STABLE ISOTOPES
FOR THE STUDY OF BIOAVAILABILITY AND THE METABOLISM OF IRON, ZINC
AND COPPER**

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The use of whole body counting and imaging with "area of interest" counting to monitor the metabolism of zinc in healthy volunteers and patients with coeliac disease and cirrhosis is described as are studies of the interaction between iron and copper. Stable isotopes of iron, copper and zinc have been used to investigate the metabolism of these elements in young infants and have proved useful in assessing the validity of current estimated requirements particularly of iron. Stable isotopes have also been used to improve the classic metabolic balance approach to the study of the homeostasis of zinc in zinc deprived volunteers, and have progressed to studies using plasma kinetic curves of the systemic compartmentation of zinc.