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Copper price per ounce canada

Source: Thinkstock After crashing from about \$3.20/lb. to \$2.90/lb. in early March, copper prices have rebounded to more than \$3/lb. While that has turned some people bullish, I still think there's downside left in copper prices, and investors looking to take positions in copper mining companies like Southern Copper (NYSE:SCCO) or Freeport McMoRan (NYSE:FCX) should hold back for now. We've seen an extremely portable market phenomenon recently for shoppers confirming my bear. On Tuesday, the world's top buyer-producing country — Chile — experienced a tremendous earthquake that came in at 8.2 on the Richter scale. While the copper price spiked a few cents on this news, it quickly came back so the price is actually down slightly so far this week. This means that investors are more concerned that buyer is overvalued and that the debilitating global economy will reduce demand. As a result, they took the brief increase on Wednesday morning to take profits. While the quake did not cause any major copper mines to be closed, there were concerns that some Chilean ports would temporarily close and that it would reduce the country's copper exports. This has a real impact on supply, and in a bullish market it would have caused a much larger increase that would likely have been sustained. Since such a spike has not occurred, I think that copper is ready to roll over and hit a new low for this farewell. What sends copper prices lower? There are some catalysts. First, as mentioned before, there was weak global economic data that has come out over the past few months. Much of this comes from developing market regions - especially China. However, we've also seen weak economic data come from the U.S. It came in the form of weak retail sales from companies like Costco (NASDAQ:COST), Home Depot (NYSE:HD), and Wal-Mart (NYSE: WMT). The weakness in retail is proven by the underperformance of the SPDR S&S; P Retail ETF (NYSEARCA: XRT) (down 1.8 percent year-to-date) versus the S&amp; P 500 (up 2.1 percent year-to-date.) Since shoppers are so ubiquitous in consumer and industrial goods, it follows that if demand for these goods falls that demand for copper also falls. Secondly, relative to other industrial metals copper is extremely economical for mines. If you look at companies that produce a lot of shoppers like Southern Copper, you'll see that while their profits are down, they're still making a lot of money. Southern Copper's Q4 gains were up 24 percent from the fourth quarter of 2012, but its net profit margin came in at about 25 percent. Companies that produce other base metals were not so fortunate. For example: Stillwater Mining (NYSE: SWC), which produces palladium and platinum, essentially breaks even. Thompson Creek Metals (NYSE: TC), which just started producing copper and gold but which produced mainly mobility in the fourth quarter, saw a gross loss of \$11 before taking another million non-cash loss due to a reduction in the carrying value of its mobilization assets. Pan American Silver (NASDAQ:EASTER), which gets 70 percent of its revenue from silver production, generated a net profit margin of just 6.5 percent. In short, while other base metal mining companies are battling copper producers are making a lot of money. This follows after more copper is produced (people want to own highly profitable mines), and there are potential shortages that arise in palladium, platinum, mobility and silver. These two powers — weak demand for copper due to a weak economy and strong supply due to the profitability of copper mining — indicate to me that copper should go lower. There is strong support at around \$2.70/lb. Investors interested in buyer because they believe the global economy will recover or that the dollar will be weak should consider taking a position in copper mining stocks when buyer reaches this level. Investors, especially those interested in buyer because they believe the dollar will weaken, might want to consider taking positions in companies that demine the above base metals; if the dollar weakens, these metals will also perform. Investors may also want to look at a more diversified mining company that produces copper like Freeport McMoRan, which, in addition to copper, produces a lot of gold and which has recently made significant investments in oil and gas. Disclosure: Ben Kramer-Miller did not mention any positions in the stocks in this article. I own palladium and silver coins. More from Wall St. Cheat Sheet: ayo888/Getty images Some nutrients seem to get all the love. Vitamin D, for example, recently grabbed headlines proclaiming that it could reduce your risk of everything from cancer to depression. And you've surely tried some extra vitamin C or downing a glass of OJ when you feel a cold coming up. But other nutrients — even if they're just as important — tend to fly under the radar. One such unsung hero? The trace mineral buyer. (Heal your entire body with Rodale's 12-day liver detox for total body health.) A mighty mineral Buyer is extremely important, says Kristi King, RDN, senior pediatric dietitian at Texas Children's Hospital in Houston and a clinical instructor at Baylor College of Medicine. It plays an important role in combating chronic inflammation, forming red blood cells, and improving immunity. It is also essential for the formation of myelin, which isolates your nerves and ensures that your nervous system works properly. Copper plays a role in cholesterol and glucose metabolism. And a new study from the University of California, Berkeley, shows that the metal is key for burning fat. Science has not really dug into brass in the past, but that's changing, King says. As the picture of his role in the body becomes clearer, I think we'll see that it's as powerful as something like vitamin D. MORE: 10 Silent Signals You Are highlights how much Enough? One of the reasons shoppers have been overlooked is that it's hard to measure. This involves a very specialized, very expensive test rarely administered in the doctor's office, King says. While it can be difficult to know for sure if you are buyer shortage, there are many tell-tales you should try to increase your intake. A copper deficiency can seem like an iron deficiency in terms of symptoms, particularly fatigue, says Sonya Angelone, RDN, a spokeswoman for the Academy of Nutrition and Dieticians. Achy joints are a common first sign, according to King, and over the long term may contribute a lack of buyer to osteoporosis. She warns that people with misabsorption issues—including anyone with celiac disease or chronic diarrhea—have an increased risk of not absorbing enough copper. Best sources david kay/shutterstock The good news is that it's not hard to get enough buyer — provided you eat a pretty healthy, well-balanced diet, complete with lots of vegetables. Copper is found in minimally processed plant foods, Angelone says, noting that dark leafy vegetables such as swiss chardging, mustard greens and kale are good pick-ups. Nuts (especially cashews), seeds, whole grains, oysters, and mushrooms also contain copper. One of the richest sources of copper is liver — that's where shoppers tend to hang out in any animal, King says, though acknowledging his liver is a tough sell for many people. You don't have to eat it to get enough buyer, but if you do like it, it's an easy way to meet your copper quota. The recommended daily allowance for copper is 0.9 mg. One ounce of beef liver has about twice that amount; one ounce of cashews contains 0.6 mg; One cup of boiled kale contains 0.2 mg. MORE: 5 Clean weight loss smoothies that double if dinner doesn't plan to deliver for dinner? It's easy to get what you need by taking smaller sums throughout the day, angelone says. For a shopper-conscious meal plan, she recommends the following: Breakfast: 3/4 cup whole grain grains (0.1 mg), 1 cup strawberries (0.07 mg), low fat milk or milk alternative Lunch: lentil soup with spinach (0.58 mg), 1/3 cup hummus (0.5 mg), 1 ment whole wheat crackers (0.1), orange (0.1), orange Dinner: roasted fish with 1/2 cup crimini mushrooms (0.18 mg), 1 cup asparagus (0.3 mg), 1/2 cup brown rice (0.1 mg), salad with 2 cups lettuce (0.05 mg) Too much of a good thing once you learn how necessary you can be tempted to go out and buy a supplement. Do not. The upper safe limit for copper is 10 mg a day, and if you have too much it will build up in your liver. You can get a metallic taste in your mouth, vomiting and even cirrhosis of the liver, King says. But this warning applies only to supplements—it's almost impossible to get a toxic dose by eating copper-rich foods. 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