

**Table 3. The multiple trace element formula recommended by the authors for adults on long-term parenteral nutrition\***

<b>Element</b>	<b>Amount/day</b>	<b>Comment</b>
<b>Zinc</b>	3–6 mg	2 mg/kg of enteral loss for a total of 6–12 mg/day
<b>Copper</b>	0.3–0.5 mg	Discontinue when serum aminotransferases and alkaline phosphatase > 2x normal. Check serum Cu levels every 6–12 mo thereafter.
<b>Manganese</b>	30–60 mcg	Discontinue when serum aminotransferases and alkaline phosphatase > 2 x normal. Check serum Mn levels every 6–12 mo thereafter.
<b>Chromium</b>	5–10 mcg	Check HbA1C every 6 mo
<b>Selenium</b>	60–100 mcg	Higher dose in adults < 40 y.o.

\*Table reprinted from “Autopsy tissue trace elements in 8 long-term parenteral nutrition patients who received the current U.S. Food and Drug Administration formulation,” *Journal of Parenteral and Enteral Nutrition* 31 (2007), 388–96, with permission.