



Copper kills bacteria, viruses, and fungus on contact.

DIRECTIONS

When to Use CopperZap™:

In the nose at the first sign a **cold or flu** is about to start, like a tickle in nose or a scratchy throat, before you feel sick. Use within 3 hours to stop a **cold**, 1 hour to stop **flu**. If you can't tell the signs before feeling sick, use as a precaution daily if around sick people or in cold/flu season. Use also for **sinus trouble, congestion or stuffiness** not caused by plant allergies.

In the nose and on fingers and hands right away and for 2 days after being **near sick people** or in a **doctor's office** or **hospital**, especially if you can't feel early signs of cold or flu. Use on face, too, if people were **coughing or sneezing** near you. Germs can travel many feet in the air.

In the nose and on hands during, right after, and for 1-2 days after **air travel, public transport**, or being in crowds, parties, schools, stores, or public restrooms. When you touch things others have touched, you can pick up serious or even deadly disease **germs on fingers**. Copper kills many different germs.

In the throat by making "copper water" (see below) to fight **flu** or other **throat infections** if you feel a **sore spot in the throat**.

On the skin in and around a **cut, wound, incision, abrasion, or lesion**, to help stop or prevent **infection** so it can heal better.

On the lip for **cold sores** as soon as you feel a warning tingle.

In the mouth briefly for **canker sores** or other infections.

Step 1. Clean with a paper towel, oil-free tissue, or clean cloth. Use soap and water if it gets lotion or oil on it. A film of oil might prevent direct contact with germs. The EPA says copper is "continuously self-sanitizing", but keep it clean anyway.

Step 2. For the Nose. Hold with the tip tilted **downward**. Gently insert tip in nostril. Push past the hairs as far back as you can comfortably along **bottom** of nostril. Rub tip very gently all around the **lower half** of inner cavity of nostril for 60 seconds. Dry tip, repeat in other nostril.



Insert the tip very gently and pointed downward.

For Colds. Use right away or no more than 3 hours from the first sign of a cold, like a tickle in the nose, a scratchy throat, ↗

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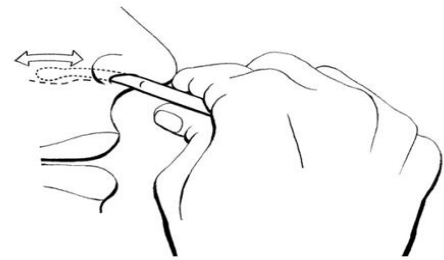
or sinus pressure. If signs return, repeat up to 4 times in 1 day.

Use before sniffles or other cold/flu symptoms occur, but if symptoms have already appeared, use up to 4 times in 1 day. It may still reduce symptoms. STOP using if full cold or flu symptoms last past 1 day. By then too many viruses have spread too far to reach, so just let the body's defenses work.

Colds can feel like allergies at first, so use anyway just in case.



Push gently as far back as you can without pain.



Touch gently to all areas in bottom half of inner cavity.

For Flu starting in the nose. First signs of flu are often stronger than signs of a cold. Flu viruses are more aggressive, so use within 1 hour. Use up to 4 times a day up to 3 days or until signs are gone. It may stop or lessen flu. STOP using after 3 days if full symptoms have begun. Let the body's own defenses work.

For Flu starting in the throat. See Copper Water below.

For Sinus Trouble. Use as for a cold, but for twice as long so copper atoms may spread far enough to reach trouble spots.

For Nighttime Stuffiness. Use before bed or any time non-allergy congestion occurs. Some say it helps.

For Travel. Carry the Directions with you so security agents can tell what it is and let it onboard. Handle often during a travel day for 1-2 minutes with both hands and thumbs and all fingers. It is all pure copper, which can kill germs you pick up by touching things sick people have touched. Use in nose 1-2 times during a travel day and in nose and on fingers and hands again right after leaving the airport. Use also in hotels, motels, etc.

For Wounds, Cuts, Incisions, Abrasions, Burns, Lesions. Wash affected area well. Rub the copper handle very gently 4-5 minutes on and around the area 3-4 times a day until healed. If area is red or oozing, hold handle on it for 5 minutes each hour. Stopping infection can improve healing. If infected area doesn't improve fast, or if an infection is deep, see a doctor promptly.

For Cold Sores. Use right away on a tingle in lip. Clean lip and handle, press handle on tingly spot for 5 minutes. Repeat as needed. Tests suggest copper reaches viruses under the skin.

For Mouth. Touch the tip or the handle gently to infected spots or canker sores in the mouth for 5 minutes. The body needs copper, but only small amounts, so do not suck on it and do not swallow until after you rinse and spit.

For Warts. Hold on wart for 5 minutes 3-5 times a day.

DIRECTIONS continued and WARNINGS on other side →

DIRECTIONS continued...

For Ears. Do not insert tip in ear due to risk of damaging ear drum. Use “copper water” instead (see below).

Copper Water. Make copper water for throat or ear infections. Start with a clean CopperZap and distilled water, which is available in many grocery stores. Distilled water helps avoid impurities and speed up the process. Use a narrow glass or jar. Put the CopperZap in, handle first. Pour in 2-3 ounces of warm distilled water. Tilt the glass or jar if needed so a small amount of water can have a large area of contact with the copper handle. Let sit for an hour. Swish it around 2-3 times for more absorption into the water. The result is water with a slight copper content for killing germs. Dry the CopperZap thoroughly right away to minimize tarnish.

Copper Water for throat. For a throat infection or a sore spot that feels like flu coming on, use as soon as possible. The water should be warm, near body temperature or at least at room temperature. Lean back on a recliner or couch. Take 1-2 ounces in slow tiny sips. Try to feel the water dribble over the sore spot. Repeat up to 3 times a day up to 3 days if you still feel the sore spot. Do not drink more than 6 ounces in a day or more than 3 days in a month. It can affect digestive bacteria, so stop using in case of stomach upset. Regular daily drinking of water with high metal content may be linked to Alzheimer’s disease, so do not drink more than directed, and only when needed.

Copper Water for ears. Lie on your side and put a few drops of copper water in the ear. The drops may reach the infection.

Copper Water for other uses. Kill bacteria and stop odors on retainers, dentures, sponges, support garments, knee and wrist braces, etc. Wipe in shoes, spray on mold and mildew, etc. For bigger batches of copper water, let CopperZap sit ½ hour per ounce. Stir often. Store at room temperature. Do not drink except for rare tiny amounts for throat infection (see above).

For Children. Most uses of CopperZap are okay for children except in the nose. If a child does not sit still or a sibling or playmate bumps their elbow during use, damage could result. Do not use for a child in the child’s nose because a person can’t feel excess pressure in another person’s nose.

Tarnish. Copper develops a natural tarnish or patina over time. EPA tests show tarnish does not reduce the power of copper to kill germs. If you prefer a shiny look, however, submerge it in vinegar (distilled white vinegar works well) for an hour, turning it once to get all spots. You can also use household metal polish. Rinse well afterward and dry the CopperZap thoroughly. Any moisture around it will make it tarnish faster. Don’t use rubber bands around a CopperZap. They can cause black marks on copper, even through plastic.

Health worker protocol: “Follow all current infection control practices, including cleaning and disinfecting environmental surfaces. Copper surfaces have been shown to reduce microbial contamination, but may not prevent cross-contamination.”

FEEDBACK: Please tell us about your CopperZap experience. Visit CopperZap.com or call, email, or write to: CopperZap LLC, 5151 E Broadway Blvd Suite 1600, Tucson AZ 85711-3777 USA, info@copperzap.com 520-512-5474 or toll-free 888-411-6114.

WARNINGS

Do not apply in upper part of inner nostril where the nerves for the sense of smell are. The nerves could be damaged. Use only along the bottom and lower half of the inner cavity.

For adult noses only. It may be too big for small noses and too hard for young children to use safely if they can’t sit still or if a playmate or sibling bumps an elbow. Adults may use it on children’s skin, however, just not in the nose.

Do not use if you already have full cold symptoms. By then it is too late to do any good anyway, and overuse might interfere with the body’s natural defenses. It is a preventive, not a cure.

Use very gently, do not force. Avoid pain from pushing too hard. Do not use if your nose is too small for comfortable use. Be especially gentle on the septum, the delicate wall between the two nostrils, to prevent a nosebleed.

Use only in your own nose. Do not use in anyone else’s nose and do not let anyone else use in yours. You can’t feel excess force well enough in someone else’s nose.

Use only in a stable position and away from air bags. Do not use in nose in a moving vehicle, boat, airplane, or when walking or moving around, or near active children or pets. Jostling or bumping during use may cause excess force. Sudden air bag deployment could cause severe injury.

We don’t recommend sharing. CopperZap is for personal use, like a toothbrush. Having your own makes it easier to keep it with you when you are out and about, in case of sudden signs of a cold or flu, or if people are coughing or sneezing near you.

Symptoms of excess copper include stomach upset, nausea, vomiting, dizziness, metallic taste, yellowish skin and eyes, and unusual weakness. These are rare and tend to go away when copper intake returns to normal. Copper is in many foods and is necessary for a healthy body. If used as directed, CopperZap adds far less than a copper pill. Excess is possible, however, so watch for symptoms. If they appear, stop using CopperZap.

Do not use if you are hypersensitive to copper or unable to process it, as in Wilson’s Disease. Do not use if it causes allergic reaction, itching, or skin lesions. If you use a copper IUD or have other high exposure to copper, see a doctor.

Do not use in the nose more than 4 times in a day for up to 3 days in a row. If using preventively, do not use in nose more than twice a day, and stop for a day or more after a week. Be alert to symptoms of excess copper (see above) and stop if symptoms appear. If using daily be especially watchful for symptoms, and stop if a cold or flu somehow comes on anyway.

Do not drink over 6 ounces of copper water in a day or over 3 days in a month, and only for throat infection. Do not suck on it.

Do not poke eye with it. Do not swallow it.

Do not use if damage to it leaves sharp points or edges.

Do not put on stove or in microwave, oven, or fire.

Do not touch it to electricity or high heat. Copper’s high conductance could burn or shock you.

Do not use when it is very hot or very cold to the touch.

Not a substitute for hand washing, flu shots, or any other standard hygiene or health measures.

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