



Copper kills bacteria, viruses, and fungus on contact.

DO NOT USE MORE THAN DIRECTED.

DIRECTIONS

CopperZap® has many uses:

Cold prevention: Use within 3 hours of the first sign a cold is about to start, like a tickle in nose or a scratchy throat, before symptoms like sniffles, coughing or sneezing occur.



Hold with the tip curving **downward** toward the bottom of the inside of the nostril. Insert tip very gently past the hairs as far back as you can reach comfortably along **bottom** of inner cavity, not the top where the olfactory (smell) nerves are.



Touch the tip very gently all around the **lower half** of inner cavity for up to 60 seconds each side.



In rare cases it may make you sneeze. If so, stop, blow your nose, and do it one more time.

Wait for half an hour. If the tickle or scratchy throat is not completely gone, use it again the same way. Use up to 4 times if needed. Colds can feel like allergies at first, so use anyway.

If you are not able to recognize early warning signs of a cold, use preventively once late in the day up to 5 or 6 days a week during cold/flu season or after being near people who are or may be sick. Use also on hands and fingers (see next section). ↗

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If cold symptoms have already started, use right away and again in an hour, then stop. It may shorten and lessen the cold.

Do not overuse. Used at the right time, copper helps the body's own natural defenses by killing many germs that got in the nose but haven't spread too far yet. With the germ count greatly reduced, the body's natural defenses can win out fast. Overusing it, however, may temporarily inhibit those defenses.

Flu prevention: Warning signs of flu about to start in the nose are usually stronger than signs of a cold. Use the same way as for colds, but start within 1 hour of the first sign.

Flu viruses multiply fast, so use up to 4 times a day until signs are gone or up to 2-3 days max. It may stop or at least lessen flu. If full symptoms have already begun, try for 1-2 days, then stop and let the body's own defenses work.

For Flu starting in the throat, see Copper Water next page.

Sinus trouble: Many people report partial or full sinus relief by using as for a cold, but use for 2 minutes instead of 1 to leave more copper atoms in the mucus for a better chance of suffusing far enough to help. Does not work for sinus trouble caused by allergies. Copper works on bacteria, viruses, and fungus, which are the more common causes of sinus trouble.

Congestion and stuffiness: If not from allergies, many people report help by using it in the nose for 30 seconds before bed.

Fingers and hands: The whole thing is pure copper to kill bad germs you may pick up by touching things sick people recently touched. Handle for 30 seconds on fingers and hands before, during, and after exposure at a doctor's, hospital, school, store, restaurant, party, or in a crowd. Use on **face** if anyone coughing or sneezing nearby. Airborne germs can travel many feet.

Air travel: Keep these Directions with you in the rare case you might need to explain it so you can take it on board. Use on fingers and hands many times on a trip and in the nose at the end of each travel day, also in hotels/motels.

Sore or infected throat: See Copper Water next page.

Cut, wound, lesion or incision: Wash affected area well. Touch copper in, on, and all around it to help stop or prevent infection so it can heal better. For deep infections see a doctor promptly.

Cold sores on lip: At first warning tingle, immediately clean lip, press handle and rub gently on tingly spot for 5 minutes up to 3-4 times in 1 day and into the next day if needed. If outbreak has already happened, use anyway, you may shorten it.

Canker sores, Thrush, mouth infections: Touch tip or handle gently to infected spots or canker sores in the mouth for 5 minutes. The body needs copper only in small amounts, so do not suck on it. Rinse and spit before next time you swallow.

Ears: Do not insert tip in ear due to risk of damaging ear drum. Use "copper water" instead (see next page).

Warts: Remove crust, hold Zap on wart 5 mins 3-5 times/day.

Other: Some say it helps with ringworm (rub gently for 5 mins) and conjunctivitis (touch handle very gently on eye along edge of lower eyelid, or use Copper Water drops, see next page).

For Children. Most uses are okay for children between 1 and 12 but not in the nose. If a child can't sit still or if a playmate or sibling bumps child's elbow, damage could result. Adults should

DIRECTIONS continued and WARNINGS other side ☞

DIRECTIONS continued...

not use in a child's nose because you can't feel excess pressure in someone else's nose. Don't use for infants at all.

To Clean: Wipe with a paper towel, oil-free tissue, or clean cloth. Use soap and warm water if it gets lotion or oil on it which might prevent direct contact with germs. The EPA calls copper "continuously self-sanitizing", but keep it clean anyway.

Copper Water: Make copper water for throat or ear infections. Use distilled water, available in many grocery stores, to avoid impurities and speed up absorption of copper. Use a narrow glass or small 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 surface 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 very well right away to minimize tarnish.

Copper Water for throat. Gargle with it, but only as needed. For a sore spot that feels like flu about to start, use as soon as possible. The water should be near body temperature or at least at room temp. Lean way 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. Drink no more than 5 ounces in a day up to 3 days in a month. Too much can affect digestive bacteria. Stop using in case of stomach upset. Regular daily drinking of water with high metal content may be linked to Alzheimer's, 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. It may help, but infections between the ear drum and the throat may be out of reach.

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).

Tarnish. Copper changes color naturally and develops tarnish, or patina, in a short time. EPA tests show tarnish does not reduce the power of copper to kill germs. If you prefer a shiny look, however, soak it in vinegar (distilled white vinegar works well) for an hour, turning it over once to get all spots. You can also use household metal polish. Rinse well afterward and dry the CopperZap very well. Any moisture on the copper or in the air around it makes it tarnish faster. Rubber bands can cause deep 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. CopperZap is a registered trademark of CopperZap LLC.

WARNINGS

Do not overuse. Using as directed helps the body's natural defenses, but using more often than directed may inhibit them.

Do not apply in upper part of 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.

Not for noses of children under 12. 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.

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 5 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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Directions 200320