

BOOST YOUR IMMUNE SYSTEM

COPPER COLLOID

Copper

Copper is an essential trace element for humans. It facilitates the activity of several enzymes and acts an important role in the development and maintenance of the immune, cardiovascular systems, the vascular system, and the skeletal system, the normal function of brain, and the structure and function of the nervous system.

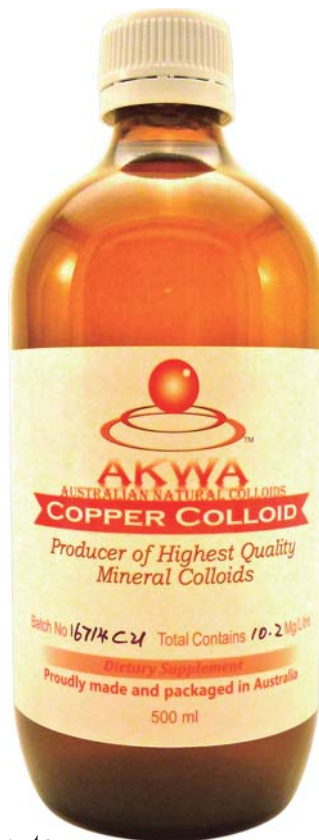
Copper is needed for blood cell formation, protein metabolism and also needed in cellular energy production and collagen formation.

Copper-rich Food

- Tuna · Oyster
- Mushroom · Soybeans
- Beef · Egg yolk
- Blackberry · Lemon
- Almonds · Sunflower Seeds · Walnuts
- Sesame seeds · Cashews · Pine nuts

Upper Level of Intake-Copper

Tolerable Upper Intake Level(UL)for adult is 10mg. How much copper did you drink? If the concentration 11.30mg/Litre shown on label, and was taken 20CC , therefore $11.30 \times 0.02=0.23\text{mg}$ would be taken. People who take high amounts of zinc, iron, or vitamin C may need copper, but you should ask your health care provider before taking copper supplements. The average daily recommended intake of copper for adults is about 0.03mg/kg of body weight ◦



Copper Deficiency

- Fatigue
- irregular heartbeat
- Varicose veins
- High blood cholesterol
- impaired growth
- Anemia · Osteoporosis · Arthritis
- Reduced glucose tolerance
- White hair · Grey hair · Dry brittle hair

Product Information

- Each batch of AKWA product was tested by a NATA accredited laboratory to ensure the product is of a consistently high standard.
- Store in a cool place. Do not freeze. Keep out of direct light. Keep away from magnetic fields and electrical current.
- Taken orally and hold under the tongue as long as possible before swallowing. This allows the ions and particles to be absorbed through the skin beneath the tongue.