## NATION ZINC/COPPER

disease, pain, depression, asthma, PMS, muscle weakness, cramps, anxiety and panic attacks, migraines and high blood pressure.

## Zinc & Copper:

Zinc and copper need to be supplemented in combination (ratio 10: 1). Zinc is an antioxidant and is essential for a properly functioning immune system. It supports the skin function and regeneration of cartilage and connective tissue. It improves metabolism and is anti-viral. A zinc deficiency can result in stunted growth, a poorly functioning immune system and anaemia.

Copper is involved in the formation of connective tissue, iron metabolism, the central nervous system, pigmentation of skin and hair, heat management, cholesterol metabolism, the immune system and heart function. Copper is used as a remedy for gray hair, burns, anaemia, parasites and viral infections.

In combination with copper, zinc works as a real immune booster!

For more information about nano minerals, visit nano-mineralwater.com.