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"KOPPER" family is proud to introduce our customers to live a healthy life by consuming water stored in copper containers. KOPPER also aims to consciously contribute in saving mother nature as all copper containers are re-usable, eco-friendly & non-toxic. Investing in Kopper is a healthy investment for a healthy "YOU".

These copper containers are lacquered on the outside of the bottles to protect the polish of the surface along with the design and look. They are not lacquered inside the bottle to allow copper contact with water and retain the purity and health benefits. These beautiful copper bottles and containers have been handcrafted and are made by passionate, fairly paid artisans for their hard work in India.

"KOPPER" logo reassures the elements of life – Nourishment with Sun and Water, Lotus symbolising Life - Rebirth – Purity – Self-regeneration – Spiritual Enlightenment!

**Why Copper** - According to World Health Organisation, the daily recommended requirement for copper is 1- 2 mg in our daily diet.

Copper deficiency can lead to health problems such as anaemia, heart and blood circulation problems, bone abnormalities and complications in functioning of the nervous and immune system, it also impacts thyroid, pancreas and kidney problems. Hence natural consumption of copper through the stored water in Kopper containers will be highly recommended. Other natural sources of copper are from Dark chocolate, leafy vegetables, legumes, lentils and nuts.

Copper also replaces the multiple single use plastic containers that we use each day which takes over 100 years to decompose unless recycled.

These small changes to our lifestyle can help save our nature and reduce our carbon footprint.

### **Benefits of copper**

According to Ayurvedic principles, human body comprises of three doshas (energies) that define every person's body makeup. These biological energies found throughout the human body and mind govern all physical and mental processes and provide every living being with an individual blueprint for health and fulfilment. These energies are called - Vatta, Pitta and Kapha.

### **Drinking copper infused water can aid in the copper intake required for healthy functioning.**

- Copper helps balance the biological energies (Vatta, Pitta and Kapha) in a human body.
- Copper is Anti- bacterial, Anti- inflammatory and an Antioxidant in nature and hence is extremely helpful to retain a healthy human body.
- It improves absorption of essential nutrients like iron, which plays a key role in fighting anaemia.
- Copper is known to regulate the function of thyroid gland and helping in managing the thyroid condition.
- Infusion of copper also assists in digestion and gut cleansing process.
- Copper also helps regulate blood pressure, heart rate and is beneficial in lowering bad cholesterol and triglyceride levels.
- Improves the production of new and healthy skin cells.
- Copper aid in infant growth, bone strength and brain development.

***Disclaimer: Kopper bottles and containers do not replace any medication or oral vitamins. Please consult your doctors for any medical condition and/or allergies. Use of copper infused water should be considered as an additional healthy lifestyle change for betterment of you.***

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