

## Kuhn all Copper Mesh Insert

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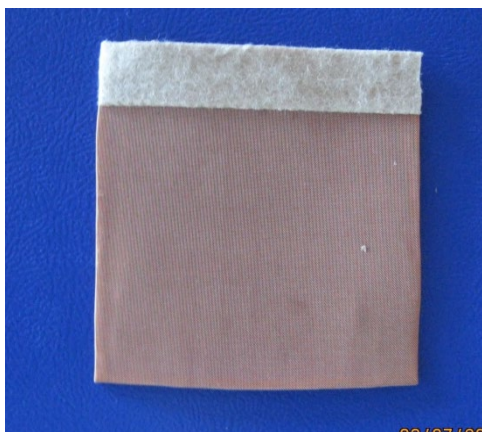
**The Kuhn all Copper Insert (CMI) is a 99.95% pure copper mesh insert that sanitizes and filters the air you breathe. The CMI fits beneath a face mask, providing a cidal (virus inactivating and bacteria killing) barrier. The CMI is unique. An in-house study confirmed the CMI deposited minute amount of copper in the nostrils. Published reports of laboratory studies proved copper inactivated most corona virus, flu, and other respiratory viruses and killed bacteria on contact. Inactivation renders virus unable to infect, making them harmless Copper had anti- inflammatory properties, as well.**

**Currently, no clinical trials are available on the use of the CMI with corona or other viruses, nor the effects of extended wearing times. No clinical studies are available on the effectiveness of Kuhn all Copper Mask on allergies. Further research is needed.** Corona virus, cold, flu, respiratory, other viral infections or allergy symptoms may develop, regardless of precautions taken. Read all enclosed instructions before use.

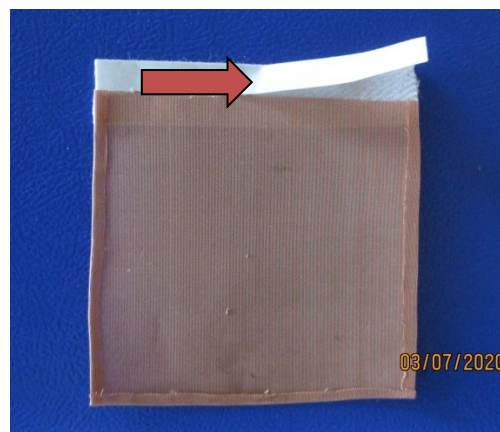
**MATERIALS:** The main structural component of the CMI is 99.95% pure copper mesh. The upper edge is lined with moleskin for increased comfort.

### CONTENTS OF PACKAGE:

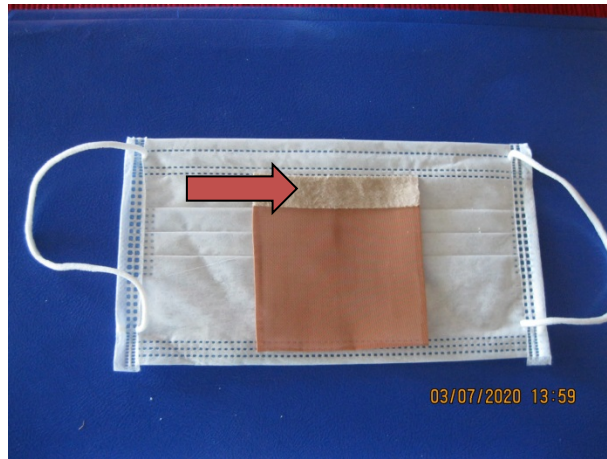
- Instructions
- Two CMIs
- One inch square copper mesh patch
- Small blue desiccant pack (Inter-teck Packaging) (a drying agent).
- Plastic Bag
- Mailer, which can be used to store or carry the Insert



**Fig 1 Front CMI**



**Fig 2 Back CMI** Tear off white strip (Red arrow) to expose adhesive.



**Fig 3** Place the mask face side down on a clean surface. Center the back side of the CMI with the adhesive edge on the back of the mask just below the nose wire. (Red arrow)

DO NOT PUT THE INSERT INTO A POCKET. This will impede the flow of the copper atoms into the nasal area and decrease the efficacy of the insert.

**DIRECTIONS FOR USE:** For adult use only. One size fits all. The CMI is reusable by single wearer, unless steam autoclaved (sterilized with high temperature and pressure). Once autoclaved, it can be worn by another person. Note: The CMI is preferred by men with beards as whiskers may catch in Kuhn All Copper Mesh Mask and cause a pinching sensation.

The CMI is designed to be worn beneath dental, isolation, procedural, or surgical mask. (Fig 1) Since the CMI is worn beneath another mask, the mask can become warm. Suggested maximum length of wear is 2 to 3 hours. This allows a miniscule amount of copper to be deposited in the nasal area.

Place the mask face side down on a clean flat surface. Tear off the white strip on the upper edge of the CMI to expose the mole skin adhesive (Fig 2). Position the adhesive edge on the back of the mask just below the nose wire. Press the adhesive into the mask. The CMI will adhere to the mask. (Fig 3) Once the CMI is secured, lift the mask and place the ear loops over your ears, centering the mask on your face. Press the top of the mask over the bridge of your nose. Pull the mask down over your chin. With repeated use, the CMI may lose adhesive properties. Staple the mole skin to the upper edge of the mask.

Only wear the Mask when needed. Do not wear the mask when wet. Note: Men with beards may find the insert more comfortable, as whiskers can penetrate the mesh and cause a pinch.

**Suggestions-**

People who may benefit include:

- Dentists and dental staff
- Health Care Workers
- Surgeons, Doctors, Nurses
- Infection Control Practitioners
- First responders
- General population during flu season (crowds)
- Travelers (plane, bus, train, cruise)
- Immunosuppressed patients, when visiting Doctor's office

\* If Corona virus is suspected, take all recommended precautions. Stay Isolated. See a doctor. **No clinical trials are available regarding the efficacy of the protective or therapeutic effects of wearing a copper CMI. Further research is needed.** Corona virus, cold, flu, respiratory, other viral infections or allergy symptoms may develop, regardless of precautions taken. Stay isolated. Keep 6 feet away from the next person.

**ENVIROMENTAL ALLERGIES:** See user comments at [www.kuhncoppersolutions.org](http://www.kuhncoppersolutions.org).



**GENERAL PRECAUTIONS:** Wearing a CMI does not eliminate the possibility of contracting diseases. The use of the CMI is not a substitute for good hygienic practices, careful cleaning, proper handwashing techniques, immunizations, antiviral drugs, or antibiotics. **Good hygienic practices; staying 6 feet away from the next person. If you experience persistent symptoms of a cold, flu, or chest or sinus infections, consult a doctor. If you experience persistent cough and a fever, consult a doctor.**



Coronavirus disease:

Illnesses have ranged from mild symptoms to severe illness and death. Symptoms of fever, cough, and shortness of breath may appear **2-14 days after exposure**.\*

If emergency **warning signs** for COVID-19 develop, get **medical attention immediately**. Emergency warning signs include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Consult your medical provider for any other symptoms that are severe or concerning.

[https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html)

**PRECAUTIONS:** The CMI is contraindicated (should not be used) in persons with Wilson's disease; or allergy, sensitivity, or toxicity to copper; or metal allergy of any kind. If uncertain regarding allergy or sensitivity, secure the small copper patch with hypoallergenic tape to a site under the upper part of the arm for 24 hrs. Remove and inspect the site for redness or any irritation. If redness or irritation is present, return the CMI for a full refund. The CMI has not been tested in infants, children, or in pregnant or breast-feeding women and is therefore contraindicated in these groups. **The body has a natural mechanism for maintaining copper levels. However, children under one have not developed this mechanism.** Like any powerful antimicrobial, only use the CMI when necessary. [www.health.state.mn.us/div/eh/water/factsheet/com/copper.html](http://www.health.state.mn.us/div/eh/water/factsheet/com/copper.html) ) Many microbes have become resistant to antibiotics because of overuse. Careful use only when needed will help ensure that copper will remain capable of killing microbes for many years.

**RISKS: What are the possible risks or discomfort?**

- Cold, flu, respiratory, other viral infections or allergy symptoms may develop, regardless of precautions taken.
- Overheating of the mask and fogging of glasses can occur. This is dependent on mask type, the more occlusive, the more likely the CMI will cause overheating and fogging of glasses; eg, a highly occlusive surgical mask. If discomfort occurs, remove the CMI.
- An abrasion may result if the CMI is frayed on an edge. (Add moleskin or fold the edge away from your face.)
- Though copper allergy is extremely rare, if a person is allergic to the copper, he/she may experience discomfort, redness, red marks, irritation, rash, pain, swelling, and/or blisters. **Discontinue use immediately. Return the CMI for full refund.** Usually, medical treatment is not needed. However, if any of the above symptoms become worse or if the red marks/rashes are spreading, seek medical advice immediately. [http://www.ehow.com/about\\_5507189\\_symptoms-copper-allergy.html](http://www.ehow.com/about_5507189_symptoms-copper-allergy.html) The risks can be lessened by carefully following the instructions.

**SAFETY:** Copper is needed to maintain health and occurs in foods. Absorbing trace amounts is safe. Allergy, sensitivity, and irritation to copper are rare. The miniscule amounts deposited in the nostrils, 1.6ppm in the highest sample after two hours of wear, was 3 logs lower than the amount of copper dust that would need to be inhaled to cause an adverse effect, 994 ppm. "Data available indicate that copper may have noxious effects.., particularly after chronic oral ingestion in food or water that supplies the organism with more than 5 mg/kg of copper per day." Copper and the Skin, Hostynek and Maibach ed, Informa healthcare, NY and London. P57. 73:2006.

**POTENTIAL BENEFITS:** The CMI allows the user to breathe sanitized, filtered air.

**CLEANING PROCEDURE:** Definitions: Disinfection means lowering the number of germs, sterilizing refers to complete destruction of germs. Before each use, visually inspect the CMI. If the CMI is discolored or dirty, see cleaning instructions below.

The CMI is packaged nonsterile, no processing is required. Of note, the copper portion of the CMI will self-disinfect in less than 10 minutes. The CMI can be disinfected immediately by rinsing in rubbing alcohol (70% isopropyl alcohol) and thoroughly drying. The CMI can be sterilized in a steam autoclave (high temperature, pressure, steam). The copper and mole skin adhesive backing are unaffected by steam autoclaving or a quick alcohol rinse. **Rubbing alcohol will not remove tarnish. See below.** Note: Remove organic material before autoclaving or disinfecting.

Since the CMI is 99.95% pure copper, it will tarnish and darken when exposed to moisture. Tarnishing should be removed when it first appears; however, tarnishing will not affect the cidal (virus inactivation and bacteria killing) properties.

If visibly discolored, remove the mole skin. Place the CMI in a 50/50 solution of water and lime, lemon juice or vinegar for 2 to 4 hours or until the tarnish disappears. (Note: Lime juice is slightly more acidic than lemon juice or vinegar and works better at removing discoloration.) Rinse with water, then rinse in rubbing alcohol (70% isopropyl alcohol). Place the CMI between two sheets of absorbent paper toweling and press until no water is visible on the toweling. Allow to thoroughly dry. Replace the mole skin. See storage instructions

If the tarnish is a small spot, wet a Q with lime juice and rub the discolored spot until the spot disappears, rinse the CMI in water, and then rubbing alcohol (70% isopropyl alcohol). Dry thoroughly as above. See storage instructions. For best results, remove tarnish when it first appears. If the tarnish has been present several days, it will be difficult to remove.

If visibly soiled, remove the mole skin, rinse the CMI in hot water, and scrub both sides with a new toothbrush until clean. Rinse again in hot water, then rinse in rubbing alcohol (70% isopropyl alcohol). Dry thoroughly as above. If the CMI is still visibly soiled, repeat the procedure. If the CMI appears clean, replace the mole skin. If the CMI remains visibly soiled, corroded, pitted, or torn, discard in the regular trash.

**Note: Never put the metal CMI in a microwave. This is a potential fire hazard.**

**SHELF LIFE/EXPIRATION DATE: Two years**

Though the self-disinfecting (killing) activity of copper is permanent, the CMI can corrode or become pitted on exposure to water and air. It can tear if folded sharply. If the CMI is compromised (e.g., torn or pitted), or the CMI is soiled to the extent that it cannot be cleaned, the CMI should be discarded in regular trash and replaced.

**STORAGE INSTRUCTIONS:** The CMI can be stored at room temperature in a dry place in a clear plastic bag within the mailer. Store with the small blue desiccant pack (Intertek Packaging). If the desiccant pack turns pink, it can be reactivated by microwaving for about 0.5-2 minutes on LOW power. The mailer can be reused to carry the CMI in a purse, briefcase, etc. The edge of the mailer can be sealed with scotch tape for easy reuse.

**MAINTENANCE:** If the CMI is cleaned and stored properly (above), it should last several months. Avoid putting a sharp fold in the mesh, as this can result in a tear.

**DISPOSAL:** The CMI can be disposed in the trash collection.

**TROUBLE SHOOTING:** If you have questions or experience an undesirable outcome or adverse event, contact Kuhn Copper Solutions (below). Some men may experience a pinching sensation as a whisker may catch on the mesh. Apply more mole skin to the CMI in the troublesome area or shave before use. The edges may become abrasive. Fold edge away from face the length of the CMI, press the folded edge, or add more mole skin to the abrasive area.

**RETURN POLICY:** Money back guarantee. If you are not completely satisfied with your purchase, you may return it within four weeks for a full refund. If the material rips within one month of purchase, the CMI will be replaced. It must be returned in the original package and with all the original material, as well as the receipt.

**This is a device for sanitizing and filtering the air.**

**If you have questions, contact:**

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**[Kuhncoppersolutions.org](http://Kuhncoppersolutions.org) Made in the USA**