

# Copper and Healthy Skin

A **Public Service Series** Publication from ICA's Health and Environment Program

Copper Connects Life.™



## YOUR SKIN LOVES COPPER!

Copper not only looks good on your skin, but do you know that it is also good for your skin: It is needed for a wide range of biological functions that play an important role in improving skin health, namely skin tone, wound healing, and ultraviolet (UV) protection.

## HOW DOES COPPER IMPROVE SKIN TONE?

Copper is an integral part of collagen and elastin, two components that allow for firming of skin and reduction of wrinkles. It also stimulates the production of new collagen, so it is needed throughout one's life for maintaining healthy skin.

## DOES COPPER HELP TO HEAL WOUNDS?

Yes! Copper-containing creams and ointments help to heal burns, treat skin lesions and improve open wound healing, such as in bed-sores or diabetics' skin conditions.

## CAN COPPER PROTECT MY SKIN FROM SUNBURN?

Copper is a key ingredient in the production of melanin, the body's internal sunblock. Still, even with enough copper and the resulting melanin, always make sure to avoid overexposure to sunlight and to use sunblock cream or lotion.

## DOES THIS MEAN COPPER CAN HELP IMPROVE MY COMPLEXION?

Yes. Many cosmetic products now contain copper and deliver it into deeper parts of the skin, where it actively contributes to skin health.

## SO, JUST HOW DOES COPPER GET INTO OUR SKIN?

Simply touching copper will not benefit your skin, nor cause any harm. The skin is very protective, and there are no "open doors" for copper. Therefore, scientists have bound copper to a biological "key" that opens the door and allows copper to piggyback into deeper skin layers where copper performs its good work.

## CAN I GET MY DAILY COPPER FROM A COPPER CREAM?

The recommendations for daily copper intake range from 0.9 – 2 mg, which has to be obtained from food and drinking water. Cosmetics cannot take the place of good nutrition.

**COPPER**

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