We claim:

1. A zinc and ~~coper~~ copper fortifying composition for strength for use in food products comprising:
   - Zinc lactate gluconate;
   - copper ion source; and
   - class II preservative ~~(202)~~;

   wherein,
   - the amount of zinc lactate gluconate is ~~about~~ 32.25% to 34.37% by weight;
   - the amount of copper ion source is ~~about~~ 42.5% to 45.2% by weight; and
   - the amount of class II preservative ~~(202)~~ is ~~about~~ 18% to 22% by weight~~;~~.

2. The zinc and ~~coper~~ copper fortifying composition ~~for fortifying zinc~~ as claimed in Claim 1, wherein the ratio of the element zinc to the elemental Copper is maintained at 3:1.

3. The zinc and ~~coper~~ copper fortifying composition as claimed in Claim 1, wherein the Zinc lactate gluconate is preferable in an amount of 34.37% by weight or 16.5 mg per liter.

4. The zinc and ~~coper~~ copper fortifying composition as claimed in Claim 1, wherein the copper ion source is preferable in an amount of 44.79% by weight or 21.5 mg per liter.

5. The zinc and ~~coper~~ copper fortifying composition as claimed in Claim 1, wherein the class II preservative ~~(202)~~ is preferable in an amount of 20.83% by weight or 10 mg per liter.

6. The zinc and ~~coper~~ copper fortifying composition as claimed in Claim 1, wherein the copper ion source is copper sulphate.

7. The zinc and ~~coper~~ copper fortifying composition as claimed in Claim 1, wherein the class II preservative ~~(202)~~ is potassium sorbate.

8. A hydration supplement comprising the zinc and copper fortifying composition as claimed in any of the preceding claims 1 to 5, wherein ~~said~~ the amount of composition in the

hydration supplement is 0.0048% by weight or 48 mg per liter such that the amount of the Zinc source ingredient in the hydration supplement is 0.0015% to 0.0017% by weight and the amount of copper source in the hydration supplement is 0.00216% by weight or ~~about~~ 22 mg per liter.

9. The hydration supplement as claimed in claim 8, wherein ~~said~~ the supplement is liquid or semi-solid or solid ~~selected from the group~~ comprising of aerated drinks, treated water~~,~~ and juices~~, etc~~.

10. A water beverage, comprising treated water and zinc and copper fortifying composition as claimed in any of the preceding claims 1 to 7, wherein~~,~~ said beverage comprises ~~about at least~~ 3 mg to 4 mg per liter zinc, ~~about~~ 0.8 to 1.2 mg~~/litre~~ per litre copper from the zinc and copper fortifying composition.

11. The water beverage as claimed in claim 10, wherein said water beverage comprises elemental zinc in an amount of ~~about~~ 0.3 mg~~/100 ml~~ per 100 ml.

12. The water beverage as claimed in claim 10, wherein said water beverage comprises elemental copper in an amount of ~~about~~ 0.1 mg~~/100 ml~~ per 100 ml.

13. The water beverage as claimed in claim 10, wherein said water beverage is neutral, colourless, odorless and requires no added flavor or sweeteners to mask ingredients.

~~14. A process of preparing the water beverage fortified with Zinc fortifying composition for safe comprising the steps of:~~

~~— effective treatment and sterilization if source water;~~

~~— fortifying said treated water with the zinc and copper fortifying composition.~~