



X39® HEALTH BENEFITS TRACKER (Rate Yourself on a 1-10 Scale.)

Some people experience instant results when wearing the X39. For others, it takes longer. Tracking your progress helps you to see the tiny results.

For best results, we recommend wearing X39 for 3-6 months or at least one month per decade you have lived.

Sections 1: A Higher # is Better with these Symptoms 10 is Excellent								
	Before	24 Hours	7 Days	14 Days	21 Days	30 Days	60 Days	90 Days
Quality of Sleep								
Mental Clarity								
Energy & Stamina								
Recovery Time from Exercise								
Muscle Strength & Tone								
Mobility								
Skin Appearance								
Feeling of Well Being								
Hair								
Other:								

Sections 2: A Lower # is Better with these Symptoms 1 is Excellent								
	Before	24 Hours	7 Days	14 Days	21 Days	30 Days	60 Days	90 Days
Pain								
Inflammation								
Headaches								
Mood Swings								
Fine Lines & Wrinkles								
Age Spots								
Scars								
Fingernails/Toenails								
Acne								
Other:								

Notes: Remove Patch immediately if you feel excessive discomfort or if skin irritation occurs.

If this occurs, wear the Patches on the inside of your clothing.

For external use only. Do not ingest. Do not use directly on open wounds or damaged skin.

Ask your health professional before using if you have a health condition or have questions and concerns about your health. Do not use if pregnant or nursing.

