

X39 Getting Started Guide

A simple daily reference to help you get the best results

WHAT IT IS

- X39 is a drug-free, non-transdermal phototherapy patch.
- Nothing enters your body.
- It reflects your body's own light back into the skin, helping support natural processes already built into your body

WHERE TO PLACE

- Back of neck (C7)
- Below the belly button
- Or directly on an area of discomfort

Works systemically no matter where it's placed.

DAILY USE

- Wear 12 hours on, 12 hours off
- Wear during daytime hours (not while sleeping)
- Use a new patch daily
- Stay consistent — if you miss a day, just continue

Tip: Keep your patches near your toothbrush or coffee maker and work patching into your morning routine

HYDRATION (KEY FOR RESULTS)

- Aim for half your body weight in ounces daily
- True hydration comes from small sips throughout the day, not large amounts at once
- Add quality electrolytes
- A pinch of real salt or sea salt can help support mineral balance
- Proper hydration helps your body respond more effectively.

WHAT TO EXPECT

Everyone's experience is different:

- Some people notice changes quickly
- Others notice changes gradually
- Some changes may be subtle at first

Common early shifts:

- Sleep
- Energy
- Mood
- Overall well-being

BE PATIENT

- Your body didn't get this way overnight.
- A helpful guideline: 1 month per decade of life
- Stay consistent and give your body time to respond.

ADJUST IF NEEDED

As the body adjusts, some people may experience:

- Mild fatigue
- Headaches
- Skin sensitivity

If this happens:

- Stay hydrated and use electrolytes
- Reduce wear time and build up gradually over a few days (ie 6 hours per day, then use same patch next day)
- Epsom salt baths
- You can place the patch on the inside of your clothing or another location

TRACK WHAT YOU NOTICE

It's easy to focus on one issue and miss other changes.

Pay attention to:

- Sleep
- Energy
- Mood
- Recovery

You may notice improvements you weren't expecting.

KEY REMINDERS

- Consistency matters
- Hydration makes a difference
- Small changes add up over time
- Your body knows what to do

Keep this somewhere visible as a daily reminder.