

Y-age aeon®

INSTRUCTIONS FOR USE

Rotate through these point locations, using an Aeon patch 5 to 7 days per week. You can use any of the point locations shown on page 7.

When combining Y-Age products, use any 2 patches on any 2 of the Y-Age point locations below, applying the patches on either the midline or right side of the body.

Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



LOWER ABDOMEN
(MIDLINE)



UPPER CHEST
(MIDLINE)



TOP OF FOOT
(RIGHT SIDE)



WRIST
(RIGHT SIDE)



RIGHT ANKLE
(RIGHT SIDE)

Alavida®

INSTRUCTIONS FOR USE

INSTRUCTIONS

Patch: Apply one patch each night before going to bed.

Place one patch on the body, using one of the locations shown.

Apply the patch to clean, dry, unbroken skin before retiring.

Patch may be worn for up to 12 hours before discarding.



Y-age® carnosine

INSTRUCTIONS FOR USE

Rotate through these point locations, using a Carnosine patch 1 to 3 days per week. You can use any of the point locations in this booklet for any Y-Age patch, but the preferred Carnosine locations are shown below.

When combining Y-Age products, use any 2 patches on any 2 of the Y-Age point locations in this booklet, applying the patches on either the midline or right side of the body.

Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.

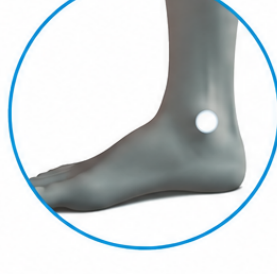


energy enhancer

INSTRUCTIONS FOR USE

Place one set of Energy patches on the body, using one of the locations below. Always place the WHITE patch on the RIGHT side of the body, the TAN patch on the LEFT side of the body.

Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



Y-age® glutathione

INSTRUCTIONS FOR USE

When combining Y-Age products, use any 2 patches on any 2 of the Y-Age point locations below, applying the patches on either the midline or right side of the body.

Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



icewave®

INSTRUCTIONS FOR USE

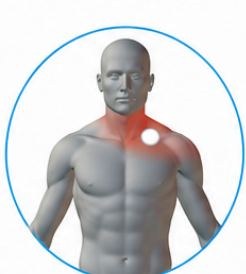
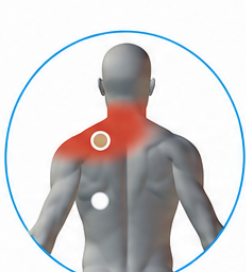
Place one white and one tan patch on the body, using one of the locations shown. Apply the patches to clean, dry, undamaged skin.

Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product. Only remove half of the patch backing until an effective placement site had been located.

If relief is not felt in 10 seconds, move to the next location. The patches can be used on any acupressure point of the body.

THE CLOCK / CROSS METHOD
The Clock/Cross Method was developed to provide fast and effective results for non-specific, localized discomfort.

Move through the locations shown in Fig. 1.0 to 1.6 until relief has been substantially felt and/or mobility has increased.



silent nights

INSTRUCTIONS FOR USE

Place one Silent Nights patch on the body, using one of the locations shown below.

Apply the patch to clean, dry skin in the evening. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.

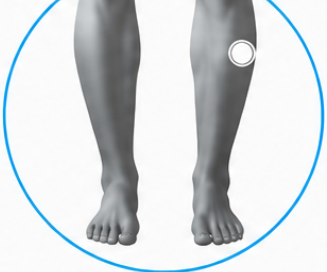


SP6 Complete

INSTRUCTIONS FOR USE

Place one SP6 Complete patch on the body, using any of the recommended locations shown below. For optimal results, rotate the patch between the placements to stimulate and remind you to regulate your appetite.

Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product. Do not use more than one SP6 Complete patch at a time on the body.

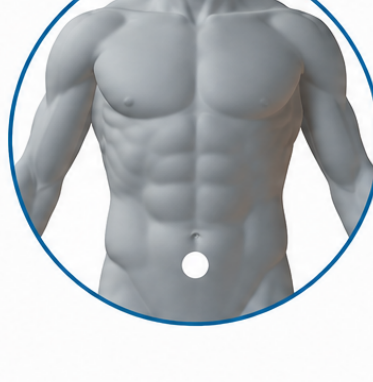


X39®

INSTRUCTIONS FOR USE

Place one LifeWave X39® patch on the body, using one of the locations shown below.

Apply the patch to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



X49®

INSTRUCTIONS FOR USE

Place one LifeWave X49® patch on the body, using one of the locations shown below.

Apply the patch to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.

