

OSMO PATCH™

USAGE INSTRUCTIONS

What you should find in this pack:

20x
OSMO
PATCHES

20x
ADHESIVE
PLASTERS

This booklet contains instructions and product information. Should you require additional information, please see the back of this booklet for contact details.

Additional Information

Unless prohibited due to health, medical or dietary reasons we recommend that the patches be used in combination with a healthy balanced diet. This includes drinking 5–7 glasses of filtered water each day together with 1–2 cups of quality Green Tea and avoiding excess salt along with processed foods. Whilst this is not an essential requirement to the use of the patches, following these recommendations may further support your body to naturally reduce inflammation and improve your overall wellbeing.

Please remember that the OSMO Patches are intended to be used in conjunction with adequate rest. However, it is important to understand that there may be underlying causes that continue to aggravate or set off your condition, such as inflammatory disease (arthritis for example) and excessive or repetitive strain to the area just to name a few.

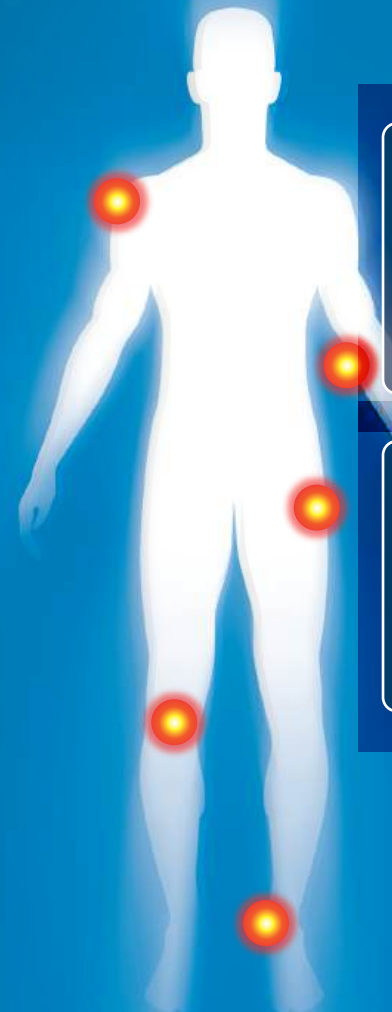
Assuming that there are no underlying causes continuing to aggravate your condition, it will be important to adequately rest the area and to try to identify and if possible avoid any physical or repetitive activities or strain.

Depending on your ailment, exercises to help strengthen the area either after or in conjunction with the use of the OSMO Patch may be recommended. Please consult your physiotherapist, doctor or other treating specialist for advice.

If it is identified that your injury is caused by repetitive stress, or a repetitive activity is continuing to cause irritation, then it is best to try to avoid performing those tasks or to correct the body mechanics where possible.

If symptoms persist or progress see your doctor.

This product is not a substitute or replacement for emergency medical care; seek immediate assistance if you experience a medical emergency.



Should symptoms or pain persist, please consult your doctor or specialist.

THANK YOU FOR CHOOSING THE OSMO PATCH... WE WISH YOU GOOD HEALTH!



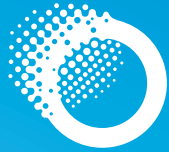
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OSMO PATCH™

Before You Begin

Use only as directed and ensure this booklet is read in full prior to use, including all cautions.

Intended Usage

The OSMO Patch is designed to gently alleviate joint and muscle pain associated with swelling and inflammation.



SHOULDERS



ANKLES & FEET



HIPS



ELBOWS



KNEES



BEHIND KNEES

Cautions

- External use only, do not apply over open wound or infection.
- Do not use if allergic to carapace powder, seafood or shellfish.
- Do not use patches or adhesive plasters on delicate or thin skin.
- Do not use patches during pregnancy/breastfeeding.
- Do not use patches on children under thirteen years of age.
- Keep patches and packaging away from children and pets.
- Use patches only as directed.
- Stop use if you have an adverse reaction or symptoms to the adhesive plaster or patch after or during use such as itching, dermatitis or an allergic reaction. Contact your Physician.
- Do not open patches or remove the powder from the patches.
- Wash hands after application and avoid getting any residue or content in your eyes or mouth.
- Do not apply the patch directly to the eyes, mucous membranes, genitals, anus, external wounds or rashes.
- The patches are for single-use only.
- Test the adhesive strip on the skin prior to use with the patches.
- Do not use patches if you are allergic to the adhesive strip used to secure the patch.
- Do not use if any of the protective plastic packaging containing each patch has been opened or damaged.
- Can remove body hair upon removal due to adhesive.

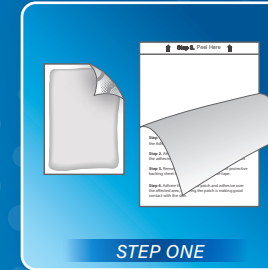
Usage Instructions

The patches are worn during the night and discarded in the morning (single use). Usually one patch is worn each consecutive night (approx 8-10hrs), however more than one may be used if required.

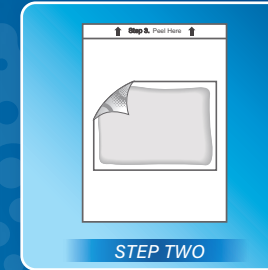
Apply the patch directly over the visible area of swelling or region of pain should there be no visible swelling.

Prior to applying the patches you should first clean the area of any oils or creams that may be on the skin, remembering to then properly dry the area.

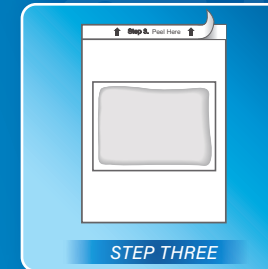
Application



Remove the large protective backing sheet from the adhesive plaster tape.



Attach patch (printed side down), to the middle of the adhesive. DO NOT remove the powder from the patch.



Remove the remaining small strip of protective backing sheet from the adhesive plaster tape.



Adhere the combined patch and adhesive firmly over the affected area, ensuring the patch is making good contact with the skin.

STEP FIVE

In the morning after wearing, please remove the adhesive tape with patch and wash the area well. The patches are for single use only and should be properly discarded after use in a bin away from children and pets. (It is recommended that the patch be worn for 8-10 hours before removing).

What should the patches look like when they are removed?

The OSMO Patch may vary in colour from person to person when removed. This however should not be used to indicate the effectiveness of the patches. Instead, effectiveness should be determined by a reduction in pain, swelling or an improvement in mobility. If there is no change to the patches when removed, ensure that they are making very good contact with the skin, as this is important for them to work properly. We recommend that the patches are best applied just before going to bed, otherwise they may become loose and lose contact with the skin. Also walking or moving around a lot may cause the powder to collect more on one side of the patch than the other.

IF YOU ARE WORRIED THAT THE PATCH IS NOT PROPERLY CONTACTING THE SKIN YOU MAY:

1. Try spraying a fine mist of water onto the face of the patch prior to attaching it to the adhesive. This makes the patch tacky, helping it to keep good contact with the skin. Please ensure not to wet the adhesive itself or the area of the skin where the adhesive will be applied.
2. Consider applying a bandage or stocking over the patch to further secure it in place.

Storage

Store the patches in a dry place, keep out of direct sunlight and away from humid conditions.