



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.



APPLY THE OSMO PATCH
DIRECTLY WHERE REQUIRED.

DO NOT OPEN OR REMOVE THE
POWDER FROM THE PATCH.
WASH HANDS AFTER EACH
APPLICATION. AVOID GETTING
ANY POWDER OR RESIDUE IN THE
EYES OR MOUTH.

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 when using the patches, following these recommendations may further support your body and could help to reduce inflammation and improve your overall wellbeing.

Please remember that the OSMO Patches are intended to be used in conjunction with adequate rest.

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.

THE OSMO PATCH SHOULD
ONLY BE USED AS DIRECTED.

ESSENTIAL EDITION



Manufactured by:

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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 draw fluid from areas of the body where the patches are applied.



SHOULDERS



ANKLES & FEET



HIPS



ELBOWS



KNEES



BEHIND KNEES

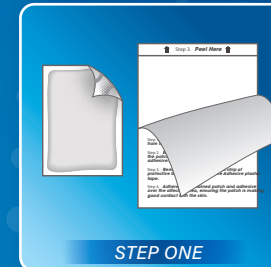
Cautions

- 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 patch adhesive on extremely delicate or thin skin.
- Do not use patches during pregnancy/breastfeeding.
- Keep out of reach of children and pets.
- Do not use patches on children under thirteen years of age.
- Keep patches and packaging away from children.
- Use patches only as directed.
- Stop patch use if you have an adverse reaction or symptoms after or during use such as itching, dermatitis or an allergic reaction. Contact your Physician.
- Do not open or remove the powder from patches. Wash hands after application. Avoid getting any residue 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

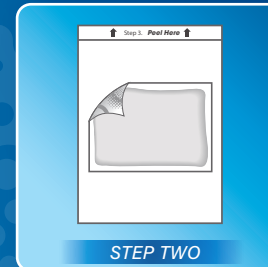
The patches are worn during the night and discarded in the morning (single use). Usually one patch is worn each consecutive night (approx 8-10hrs), however more than one may be used if required. Apply the patch directly over the intended area to be targeted. Prior to applying the patches you should first clean the area of any oils or creams that may be on the skin, remembering to then properly dry the area.

Application



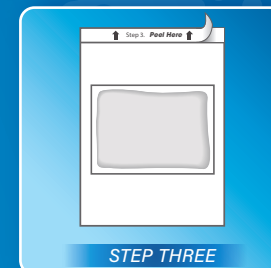
STEP ONE

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



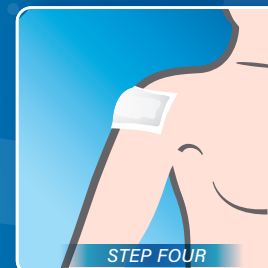
STEP TWO

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



STEP THREE

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



STEP FOUR

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 sat hes 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 observing the actual overall results after application.

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. 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. (The powder should be evenly spread before applying the patch).

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 skin first before the patch is applied. This helps the patch to make good contact, please ensure however that you dry the area of skin that the adhesive is to stick to should you use this approach.
2. Consider applying a bandage or stocking over the patch to further secure it in place.

Storage

Store the patches in a cool, dry place, keeping out of sunlight and humid conditions.