

FLEXISEQ™ INSTRUCTIONS FOR USE



Apply the gel **evenly** around the joint.



Evenly cover the **soft tissue** at the front and the back of the joint (**do not apply to the knee cap**).



Important!

Allow FLEXISEQ™ to dry for 10 minutes.



Step 1: Ensuring you have the right dose

The first time you use FLEXISEQ™, estimate the amount of gel you need to squeeze out of the tube as follows:

1. **For a knee, shoulder or hip, a line as long as your index finger.**
2. **For an ankle, wrist or the fingers on one hand, a line as long as half of your index finger.**

It is important that you personalise the dose for the particular joint you are treating.

You must allow the FLEXISEQ™ gel to dry for at least 10 minutes, or until the skin is touch dry before covering the area.

If the gel is taking longer than 10 minutes to dry, you have probably applied too much. The excess can be wiped off and you should try using a little less next time.

If the gel is taking less than 10 minutes, you should apply a little more next time.

Using a hair dryer should reduce the drying time to about 2 minutes.



Step 2: Reducing the application time

Having **completed Step 1** and ensured you have worked out the right amount to apply for your particular joints, you can reduce the time it takes for FLEXISEQ™ to dry by:

- **Warming the skin before applying the gel**
- **Using a hairdryer on a medium setting after applying the gel, which should reduce the drying time to about 2 minutes**

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(Additional Information)

FLEXISEQ™ is a new, innovative solution to joint pain with a completely novel mode of action. Unlike normal topical products which are rubbed into the skin, the nano-physical nature of the FLEXISEQ™ gel requires a different method of application that you may not be used to. For maximum benefit and penetration, it is important to apply FLEXISEQ™ Gel correctly, otherwise you may find yourself using more gel than you really need to. Please note the following points carefully:

- Spread an even layer of FLEXISEQ™ Gel to the affected joint. **There is no need to rub heavily or massage**
- If treating a knee, target the soft skin around the sides and front of joint, including the back of the knee but **avoiding the bony knee cap**
- It is important that the gel has fully dried before covering with clothing. FLEXISEQ™'s Sequessome Technology® works when the formulation dries on the surface of the skin and the Sequessome™ vesicles then move into and through the skin
- The skin should be dry or slightly tacky to the touch but this is normal after drying. Residual tackiness can be removed by wiping with a soft cloth. **There should be no undried gel visible on the skin and none should come away on the fingers when touched.** Covering the gel before this will not only result in some gel coming away on your clothes but will prevent the gel from drying to the point where the Sequessome™ vesicles want to move into the skin
- Natural drying time should be approximately 10 minutes
- If the gel is taking longer than 10 minutes to dry, you may have applied too much. Next time try using a little less. Experiment until you find that you are achieving a natural drying time of about 10 minutes
- If you are short of time, the drying time can be shortened by:
 - applying a heat pad (e.g. a microwaveable grain bag) to the skin **before** applying FLEXISEQ™ Gel
 - applying FLEXISEQ™ **after** a warm bath or shower and after towel drying
 - using a hair dryer on a medium setting **after** application of FLEXISEQ™ Gel
- And now you can complete dressing and cover the joint with clothing, as required
- **Never** freeze FLEXISEQ™ as it damages the Sequessome™ vesicles and stops it working