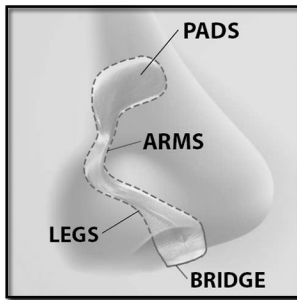


**OUTWARD PRESSURE OF PADS
INSIDE NOSE OPENS AIRWAYS**



**OPENS NASAL AIRWAYS
UP TO 45% OR MORE**



PerformAIR
support@PerformAirUSA.com
www.PerformAirUSA.com

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REUSABLE

EACH INSERT is recommended for up to 21 uses / nights. After 21 uses / nights, dispose of insert and use a new PerformAIR insert.

Each Refill Pack includes one (1) PerformAIR Nasal Insert of the selected size, which provides approximately a 21-day supply, if used daily.

If PerformAIR® presents any sign of damage or weakness, or appears in any way suspect, do NOT use it. Immediately discard the insert and replace it with a new PerformAIR Nasal Insert.

CLEANING & CARE

Before and after each use, rinse the PerformAIR® Nasal Insert with distilled water and clean with a mild, anti-bacterial liquid soap. Thoroughly rinse and rub the Nasal Insert while running under the distilled water several times to remove all soap residue.

PerformAIR® can also be cleaned using a saline solution rinse in lieu of distilled water.

Dry the PerformAIR® Nasal Insert with a soft clean towel.

Do not place the PerformAIR® Nasal Inserts in the travel / storage case when wet. Maintain clean and dry hygienic storage procedures.

STARTER PACK

Each Starter Pack includes three (3) PerformAIR® Nasal Inserts – (1) Large, (1) Medium, and (1) Small provided in a storage / travel case.

Select the size that fits best (instructions below) and when ready for a new insert, select the size that fits you best in the Refill Pack.

INSTRUCTIONS



SCAN FOR VIDEO

SIZING GUIDE

Start with your THUMB - align PerformAIR pads as shown



Pads align on sides of thumb
GOOD STARTING FIT



A gap on each side
TOO LARGE



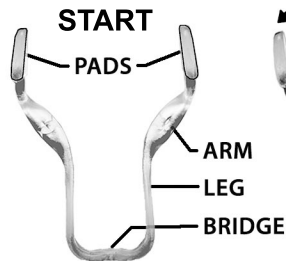
Pads hit thumb or spread
TOO SMALL

CHECK SIZE

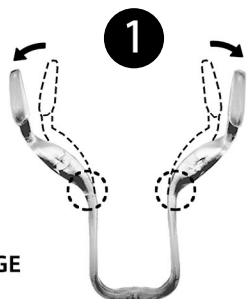
Outside edges of PADS should generally align with outside edges of your nostrils to start.



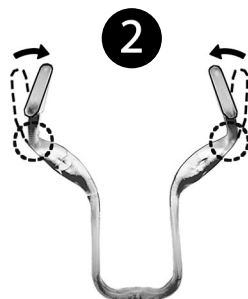
ADJUSTMENTS



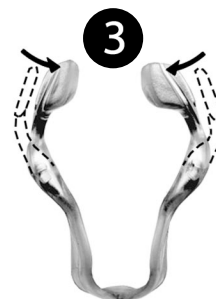
PerformAIR with end of "L" shaped PADS facing toward you



1
Bend ARMS and PADS outwardlay bending at pivot joint of LEG & ARM (at circle)



2
Bend top of PADS inwardly bending at pivot joint of ARM & PAD (at circle)



3
Rotate FRONT ends of PADS toward each other to match angle of nostrils

CHECK FIT



Check adjustments - PADS should still align along outer edges of nostrils

PLACEMENT



Pinch LEGS together to align PADS with center of nostrils, then place in nose and release



PerformAIR placed in nose properly with BRIDGE seated against bottom of nose

REFILL PACKS

Each Refill Pack includes one (1) PerformAIR® Nasal Insert in the size selected.

Refill Packs are available in Large, Medium, or Small and all include a travel / storage case.

PerformAIR® Nasal Inserts provides approximately a 21-day supply or uses, if used every day.

OPTIMIZED FIT, COMFORT, RETENTION & PERFORMANCE

The outside face of the PAD should be adjusted to match the slope and angle of the outer wall of your nose to maximize the surface contact area between the PAD and the outer wall of your nose. The PADS should be adjusted wider than your nostrils to provide the spring-like outward pressure on the outer walls of your nose, which opens your nasal airways up to 45% or more.

BREATHE BETTER | SLEEP BETTER | PERFORM BETTER™