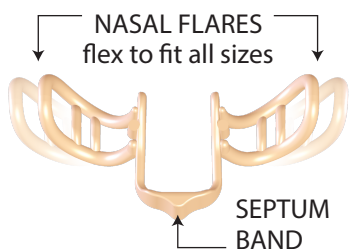


ZQuiet Breathe Directions

Before each use:

- Clean your nasal passages to maximize airflow if desired. Blowing your nose and nasal irrigation may work well.
- Wash your hands.
- Wash your breathe aid using cool water for initial cleaning and for fitting lubrication. Avoid hot water.



HELPFUL HINTS

• **Proper placement is essential for performance and comfort. (see fig. 4)**

- As your breathe aid conforms to your nose, you may feel a light pressure and/or tickle, which quickly subsides.
- As with other products such as earplugs, contact lenses, new shoes, etc; it is natural to feel tenderness initially. Please be patient during this 1-2 week adjustment period. If necessary, delay use to alleviate discomfort. Resume use after a 24 hour rest period.

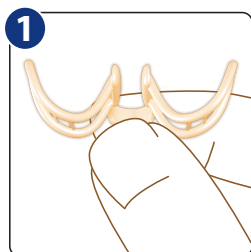
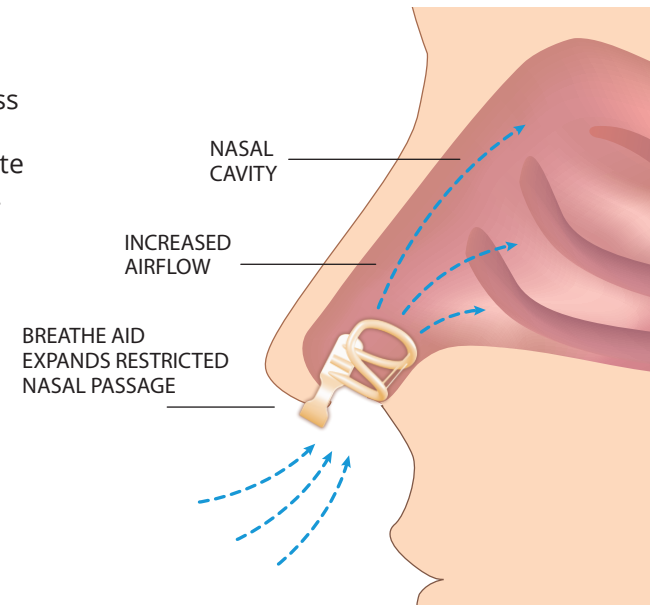
• After removal, you may continue to feel increased airflow for 15-30 minutes.

CARE & CLEANING

Clean with cool water and mild soap after each use. Avoid hot water. Rinse and dry thoroughly. Store in the provided case. Each breathe aid should last up to 20-days. Discontinue use and replace if you notice discoloration or breakage.

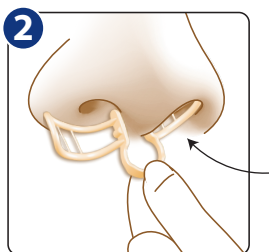
HOW IT WORKS

Compressed nasal flares gently expand your nasal passages to open airways, while forming to your nose for a custom fit.

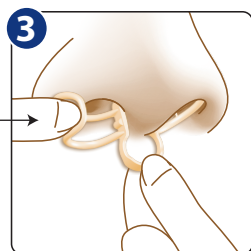


1 Hold the septum band so the nasal flares form the letter *W*.

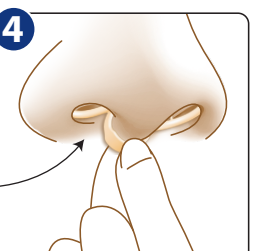
NOTE: You may prefer to insert your breathe aid in the opposite way so the nasal flares form the letter *M*.



2 While looking in a mirror, insert one nasal flare into a nostril by tipping the nasal flare in first.

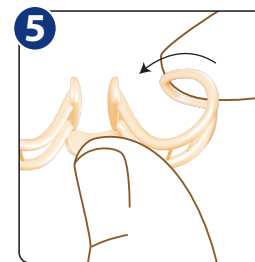


3 Then use your index finger on the other hand to compress the second nasal flare into the other nostril.



4 While holding the septum band, adjust the breathe aid into a snug position with the nasal flares resting just inside the lower cuffs of your nostrils.

NOTE: It is normal for the septum band to hang below your nose.



5 You may shape the ends of the nasal flares by gently curling them inward, if more comfort is needed.

NOTE: The septum band can also be formed for more comfort.

CAUTION: Carefully read, understand and follow directions before use. Using this product other than directed may cause breakage or serious injury. As with all intra-nasal devices, there are inherent risk factors associated with using them. You should proceed with extreme caution while using this product and regularly examine it before and after each use for any defect that may present a potential health hazard. Discontinue use if breakage occurs, or if you have skin or mucosal irritation. Consult your physician before using, especially if you have had surgery or a medical condition relating to the nose, sleep apnea, asthma, serious respiratory or heart problems. Seek medical attention for abnormal breathing patterns during sleep, daytime sleepiness or difficulty breathing. Do not use for more than 12 hours in a 24 hour period. Do not smoke while using this product or expose it to open flame. Not for use if under the age of 18. Persons under the age of 18 must consult a doctor before use. Keep out of reach of children.



Not made with natural rubber latex.
This product is manufactured in an FDA inspected facility.

U.S. Patents:
#7,055,523, #7,461,651,
#D652,143, #8,048,102, #8,491,622

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