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**Warning:** Only for use by children aged 8 years or older. Not suitable for children under 36 months. Small parts. Choking hazard. This toy contains functional sharp point. Use with care and only under supervision of adults.

**IMPORTANT: Keep these instructions. DO NOT DISCARD.**

1. Only adults should install and replace batteries.
2. Alkaline batteries are recommended.
3. If the toy has not been used for a long time, remove the batteries.
4. Do not use rechargeable batteries
5. Do not mix old and new batteries.
6. Do not mix alkaline, standard (carbon zinc) or rechargeable (nickel cadmium) batteries.
7. Exhausted batteries are to be removed from the toy.
8. The supply terminals are not to be short-circuited.
9. Non-rechargeable batteries are not to be recharged.
10. Rechargeable batteries are to be removed from the toy before being charged.
11. Rechargeable batteries are only to be charged under adult supervision.
12. Only batteries of the same or equivalent type as recommended are to be used.
13. Batteries are to be inserted with the correct polarity.
14. Do not dispose of batteries in fire, batteries may explode or leak.
15. Batteries may explode or leak if misused.



If any time in the future you should need to dispose of this product please note that Waste Electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your Local Authority or retailer for recycling advice. (Waste Electrical and Electronic Equipment Directive)



### ***What are included***

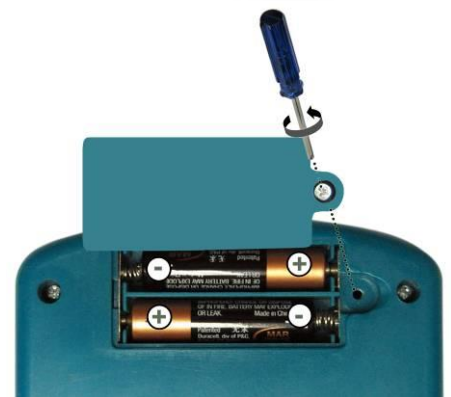
- 1 18 piece human skeleton model
- 6 Supporting pins
- 1 Base
- 1 Light box
- 4 Bone films
- 10 Do-you-know cards
- 10 Good food cards
- 1 Human joint turning wheel
- 1 Human skeleton poster
- 1 Certificate
- 1 Illustrated manual



### ***Battery Installation of the light box***

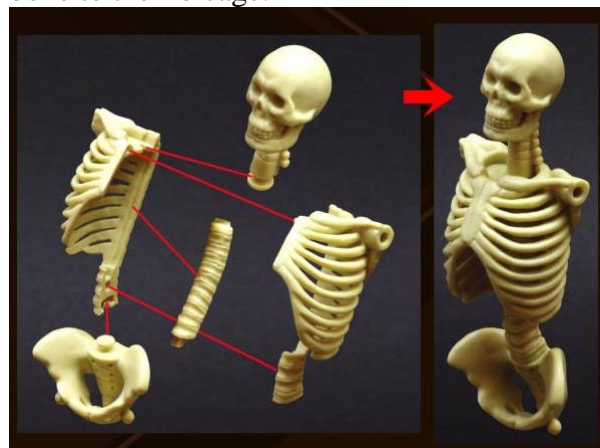
The light box requires 2 AAA/LR03 batteries. (Not included)

- 1. Unscrew the battery cover on the back of the device with a screwdriver.
- 2. Install the batteries according to the polarity indicated.
- 3. Replace the battery cover and tighten the screw.
- 4. Replace the batteries when the light becomes dim.



### ***Assembling the Skeleton Model***

- 1. Attach the neck bone to the skull.
- 2. Attach the head, vertebral column and pelvic bone to the rib cage.





3. Assemble the arm and leg bones.



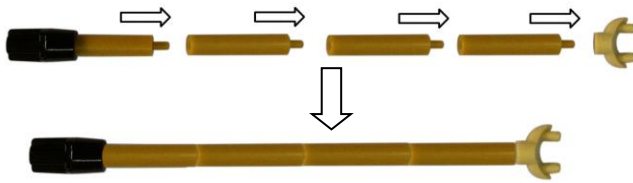
4. Attach the arms and legs to the main body.



6. Carefully put the completed skeleton on the supporting pin and base.





5. Connect the supporting pins together.



### 10 Good Food for Your Bones

When it comes to building strong bones, there are two key nutrients: calcium and vitamin D. Calcium supports your bones and teeth structure, while vitamin D improves calcium absorption and bone growth.

It is recommended that you get 1,200mg of calcium each day until your mid-twenties. Get these nutrients by trying these 10 foods for healthy bones:

Food	Nutrients
 <p data-bbox="443 1727 547 1765">Yogurt</p>	<p data-bbox="858 1464 1406 1576">Yogurt, are fortified with vitamin D. One cup of yogurt can be a creamy way to get your daily calcium.</p>
 <p data-bbox="459 2033 531 2065">Milk</p>	<p data-bbox="858 1771 1406 1845">Eight ounces of fat-free milk provides you with 30% of your daily dose of calcium.</p>