

## X39® Usage Instructions:

- Before using X39®, watch the short 3-min VIDEO at [www.LiveYounger.com](http://www.LiveYounger.com)
- Then complete the “Before” column on the Health Benefits Tracker below
- Apply one X39® Patch in the morning
- Wear the X39® Patch for 12 Hours - REMOVE before bedtime
- The next day, complete the “24 hours” column on the X39® Health Benefits Tracker
- Get your questions answered by the person that shared this with you
- Extend your X39® experience with our RISK FREE 90-Day 100% Money-Back Guarantee
- Keep Tracking Your X39® benefits for 90 Days with the Health Benefits Tracker below

## Place One X39® Patch On Either Of These Two Locations

- Apply to clean, dry skin in the morning
- For best long-term results & daily use, wear it for only 12 hours daily
- Keep well hydrated when using X39®



## Health Benefits Tracker (Rate yourself on a 1-10 Scale)

### SECTION 1: A Higher # is Better with these Symptoms - 10 is Excellent

	Before	24 hours	7 days	14 days	21 days	30 days	60 days	90 days
Quality of Sleep								
Mental Clarity								
Energy & Vitality								
Stamina								
Recovery Time								
Muscle Strength & Tone								
Mobility								
Skin Appearance								
Eye Health & Sight								
Quality of Hair								
Feeling of Well Being								
Other:								

### SECTION 2: A Lower # is Better with these Symptoms - 1 is Excellent

	Before	24 hours	7 days	14 days	21 days	30 days	60 days	90 days
Pain								
Inflammation								
Headaches								
Migraines								
Mood Swings								
Fine Lines & Wrinkles								
Age Spots								
Scars								
Other:								

Warnings: Remove immediately if you feel excessive discomfort or if skin irritation occurs. For external use only. Do not ingest. Do not use directly on open wounds or damaged skin. Ask your health professional before using if you have a health condition or have questions and concerns about your health. Do not use if pregnant or nursing.