

USAGE INSTRUCTIONS

FlexiSEQ Max Strength Osteo Gel is for external use. Read the whole leaflet carefully before you start using this product. Keep this leaflet for future reference. If you have any further questions, contact us at enquiries@flexiseq.com

WHAT IS FLEXISEQ MAX STRENGTH OSTEO GEL & HOW DOES IT WORK?



FlexiSEQ Max Strength Osteo Gel contains plant-based phospholipid lubricants in a convenient, easy to apply topical gel.

Phospholipids play a key role in the proper functioning of your skin and joints.

FlexiSEQ Max Strength Osteo Gel is a great source of these important lubricants, and gently massaging it onto the skin on the soft tissue around your joints helps keep you supple, flexible and mobile.

INGREDIENTS

Aqua, Phosphatidylcholine, Alcohol, Glycerin, Carbomer, Polysorbate 80, Disodium Phosphate, Sodium Hydroxide, Benzyl Alcohol, Methylparaben, Ethylparaben, Linalool, Disodium EDTA, Sodium Phosphate, Sodium Metabisulfite, BHT.

PRESENTATION AND PACK SIZE

FlexiSEQ Max Strength Osteo Gel is a white to yellow gel with a citrus odour and comes in 30g, 50g and 100g tubes.

PRECAUTIONS & SUPPORT

- **FlexiSEQ Max Strength Osteo Gel** is for external use only.
- **FlexiSEQ Max Strength Osteo Gel** has not been tested on pregnant or breastfeeding women and they should seek the advice of a healthcare professional before using it.
- Do not use **FlexiSEQ Max Strength Osteo Gel** if you are allergic (hypersensitive) to any of the ingredients.
- Do not use **FlexiSEQ Max Strength Osteo Gel** on open wounds, broken or infected skin or mucous membranes (the lining of the openings of the body, such as the mouth, nose or eyes).
- Do not use if the tube is split, or the product does not look or smell as described.
- Keep out of the reach of children.
- Fabric (clothing, bedding etc.) that has been in contact with this product may burn more easily. Washing clothing and bedding may reduce product build up but not totally remove it.
- Wash hands after using **FlexiSEQ Max Strength Osteo Gel**. If applying to your hands, wait 10–15 minutes after application before washing.
- Avoid using other moisturisers, creams, or massage oils on the treated area until **FlexiSEQ Max Strength Osteo Gel** has fully dried.
- Dispose of used tube and packaging in line with local regulations.
- If you have any concerns or notice any side effects not listed in this leaflet, please talk to your healthcare professional and/or contact us at enquiries@flexiseq.com

CONTACT DETAILS

AH Consumer Healthcare Limited, 20 Wenlock Road, London, N1 7GU, United Kingdom.

KEY TO SYMBOLS



Use by (see imprint on the tube and carton). Do not use the product after the expiry date.



Consult instruction leaflet.



Batch number (see imprint on the tube and carton).



Use within 3 months of opening



Store between 8°C and 25°C.

APPLYING FLEXISEQ MAX STRENGTH OSTEO GEL TO YOUR JOINTS

FlexiSEQ Max Strength Osteo Gel is not like other gels. It is important to use our gel correctly on the skin on the soft tissue around joints to ensure it works effectively. It should be gently massaged onto the skin, leaving behind a thin film which should be allowed to dry completely before covering.

Application



Spread a thin layer of gel evenly onto the skin on the soft tissue around your joints. Gently massage onto the skin, leaving behind a thin film of gel. Replace cap and wash hands after use.

Drying Time



Once applied, the thin film should take roughly 10 minutes to air dry. Do NOT cover whilst drying. After 10 minutes, if the area feels slightly sticky, it can be washed.

Frequency



Use FlexiSEQ Max Strength Osteo Gel twice daily, every day, in the morning and evening.

Storage



Replace cap after use. Store at room temperature between 8°C and 25°C and use within three months of opening.

Knees



Apply a line of gel as long as your index finger to the skin covering the soft tissue all around your joint. Avoid the kneecap.

Hands



Apply a pea-sized quantity of gel around the desired area. After use, avoid washing your hands for 10-15 minutes.

Hips



Apply a line of gel as long as your index finger to the skin covering the soft tissue around your hip. Spread towards your groin, not buttocks.

Shoulders



Apply a line of gel as long as your index finger to the skin covering the soft tissue all around your shoulder, making sure you evenly cover the area.

Please visit www.flexiseq.com/help-and-advice to find out how to get the best from our product and www.flexiseq.com/how-to-apply-flexiseq to view videos that demonstrate the correct application of FlexiSEQ Max Strength Osteo Gel.

WELCOME TO THE FLEXISEQ MOVEMENT

We're delighted to welcome you to the FlexiSEQ family. Our products are designed to give you the freedom to say 'yes' to life.

Our help and support doesn't end with our range of products. Visit our website to sign up to our free FlexiSEQ newsletter and each month we'll send you updates from our amazing community and news of our latest promotions. If you have any questions, comments or feedback, you can also find us on social media or feel free to contact us at enquiries@flexiseq.com

Together we are stronger, that's what the #FlexiseqMovement is all about.

FIND OUT MORE AT

www.flexiseq.com

