

Application Chart for Patches, Tape and Gels

● Help prevent and relieve pain in muscles, tendons and joints. Apply gel over surrounding area to enhance benefit.

● Key points of application on muscles to help improve power and performance

Arm and elbow Apply on area of muscle tension or pain. For tendon injury or pain apply along tendon. Apply gel or lotion over area for additional relief

Fore arm and wrist Apply on motor point at centre of forearm and wherever there is pain or tension. Apply gel or lotion from wrist to mid forearm.

Quadriceps and ITB. Apply patches in centre of each quad muscle and on any point of tension. For tight ITB, often recognised by outside hip or knee pain, apply on hip, knee and along ITB. Apply gel along ITB

Knee. Apply 2 patches on muscles 10cm above top of kneecap, then 2-3 patches on area of pain. For swelling or pain behind kneecap apply patches on soft spot, either side of kneecap



For strong relief use X30 Power Tape. Use Titan tape for large areas, or to support joints or tendons



Use in conjunction with Aqua Gold gels or lotion for enhanced benefit

Headache. Apply on temple and forehead. For migraines rub e-Water lotion over entire forehead & temple. To help prevent recurrence of tension or migraines try an X50 Necklace.



Neck and shoulder. Apply 3-4 patches or a strip of tape on and around area of tension and pain. Apply additional patches as required if the pain moves down the arm. Apply Relax Gel over entire area of discomfort. For ongoing issues try a Phiten Rakuwa Necklace

Headache / Neck. Apply 2-3 patches on and around area of tension or pain. For pain travelling up neck apply additional patch under shoulder blade. Apply gel or lotion over entire area

Back. Apply patches either side of spine where ever there is tension, pain, or movement is inhibited. Apply gel liberally. For pain or tension radiating outwards apply laterally. For sciatic pain apply additional patches around buttock and outer thigh.

Elbow. Apply one or two patches on point of pain and one or two on forearm. Apply gel.

Thumb. Apply 1-2 patches on points of pain and one or two on forearm. Apply gel on thumb and wrist



For ongoing relief and prevention of pain use Aquatitan supports, necklaces or bracelets.



Titan roller to help relieve tension & pain, improve circulation and

Ankle / Foot. Apply 2-3 patches on areas of joint pain and one on lower calf. For arch apply 2 patches. For toe apply 1-2 patches on point of pain and one at front of ankle.

Behind knee. Apply a patch either side of the crease line at back of knee. Apply gel on muscles around area.

Calf. Apply 2-3 patches on calf to relieve tension, pain or cramps. Apply before strenuous exercise to help prevent tightness or cramping. Apply gel over entire muscle for added benefit

Achilles tendon. Apply a patch either side of tendon and two on calf muscle. **Ankle.** Apply patches on and around points of pain and also on Achilles and calf. **Heel** Apply on point of pain and under arch.

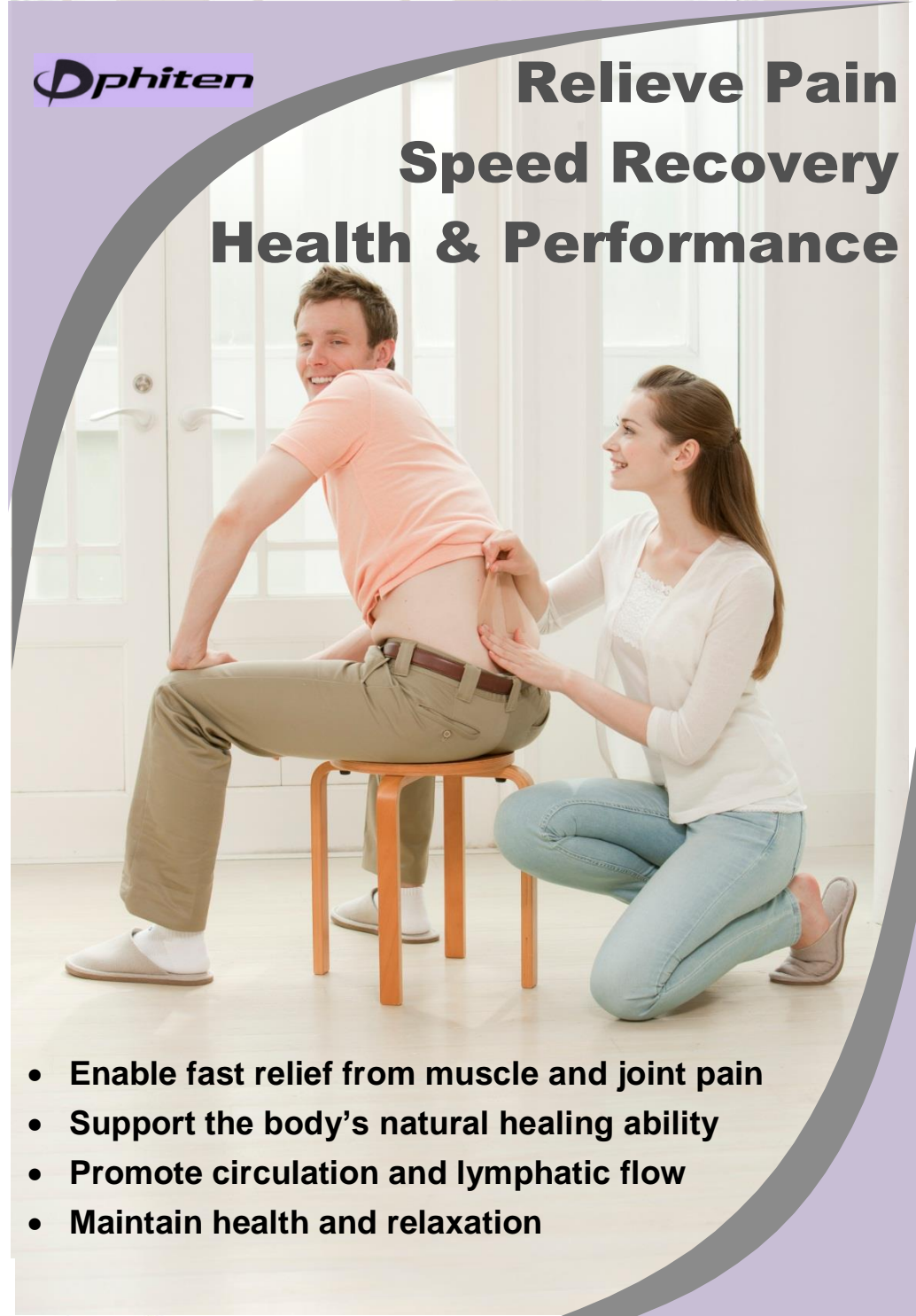
Power Tape Application

Imported and distributed by Phiten Performance, PO Box 39370, Wellington Mail Centre, Lower Hutt 5045. Check website for an up to date list of Pharmacies and retail outlets that stock Phiten products.

Phone: [0275744836](tel:0275744836) Web: www.phitennz.com Email: phiten@xtra.co.nz



phitenNZ



- Enable fast relief from muscle and joint pain
- Support the body's natural healing ability
- Promote circulation and lymphatic flow
- Maintain health and relaxation

Supporting better Health and Performance

No matter what your need, Phiten's range of everyday products help support a healthy, active lifestyle and help to relieve tension and pain in muscles, tendons and joints.

All Phiten products contain the unique and patented Aqua-metal technology, microscopic particles of Titanium or Gold suspended in water and then processed so they help support the smooth transmission of the nerve impulses that control the body. Aqua metals help restore and maintain the body in its natural state of relaxation and balance, supporting the body's natural healing ability and helping maintain optimum function at work, home and in sport and exercise.

By supporting the smooth transmission nerve impulses, Phiten products have been shown to help optimise muscle and tendon function. This can help to prevent and relieve tension and pain in muscles tendons and joints, promote better circulation and lymphatic flow, allow improved performance in sports, and assist in faster recovery after strenuous exercise or injury.

Find out if Phiten is right for you. Ask for a free sample, or free trial application of tape or gel.

In sport, recreation and daily life Phiten may help improve mobility, performance and recovery time. Phiten offers a natural alternative to drugs, in helping to relieve the pain and discomfort of muscle, tendon and joint conditions, supporting the body's natural healing ability.

Body Care Use daily to maintain a relaxed and healthy body, free from tension & pain

TITANIUM TAPE SERIES



Phiten's titanium tapes are a favorite with customers for daily use to help relieve issues with muscles, tendons and joints. In sports, tapes can help improve running economy and prevent muscle fatigue. Choose from the popular Power Tape patches or roll tape. For instructions on use see back page.

LOTION & GELS



Phiten's Aqua Gold gels and massage lotion offer fast relieve from pain and cramps by helping to relieve tension in muscles and tendons. Gels can also help joint pain and mobility and help promote improved circulation. Use daily as required, ideally in conjunction with titanium tape.

GOLD WATER & MASSAGE ROLLER



AQUAMIRUM translates to "water containing uniquely wonderful qualities". Premium concentrated drinking supplement with 10ppm gold.



Titan Face and Body roller – Use daily to relieve muscle tension & pain, stimulate circulation & lymphatic flow and ease lines in face & neck.

Clothing, Accessories and Supporters. For ongoing prevention and relief of tension & pain, injury recovery and enhanced performance.

Our wide range means we have products suitable for most needs. Choose the products that meets your requirements and remember that the more you use, the greater the benefit.

RELAXING APPARELS



Functional clothing made with technical fabrics impregnated with AQUATITAN. Help soothe and relax the entire body and provide for enhanced sports performance and quick recovery. Choose from compression pant, tee shirts and polo's, socks and insoles and compression socks. Bring on your best game with our anatomically engineered compression sleeves for performance of arms and legs

NECKLACES & BRACELETS



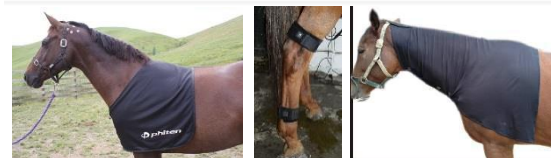
Feel relaxed and refreshed. Our necklaces can help relieve and prevent the pain associated with stress and fatigue in our lives from everyday activities to athletics and help maximize potential energy, mobility and strength.

TITANIUM SUPPORTERS



Phiten body supports products are designed to help the fundamental mechanics of the human body: providing structural support the joints and also helping to optimize muscle-tendon function – our natural support structure.

HORSE & PET PRODUCTS



Phiten tapes and necklaces can be used on pets to help ease muscle, tendon or joint pain. Straps, bandages and covers can help your horse recover from injury and enhance performance.



www.phitenz.com



Disclaimer: Phiten products are not medical devices. We recommend in cases of injury, illness or medical conditions, that if pain or symptoms persist you contact your doctor or health care provider. Use products as directed. Results may vary between individuals and between product options.