

SP6 Complete Patch Placement and Instructions

Apply the SP6 Complete patch to clean, dry skin in the morning and remove in the evening. Patches can be worn up to 12 hours at a time. SP6 is to be worn 5 days per week, wearing a new patch each day. Suggested use for week 1 shown in diagrams. For maximum results during week 2 and thereafter, rotate the patch between the acupuncture points only on your left leg that give you the most control of your appetite.

Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. Do not use more than one SP6 Patch at a time on the body. Keep your body well hydrated with water during the use of the patches.



DAY 1

SPLEEN 6 (Chinese name: San Yin Jiao) ON YOUR LEFT LEG

To find this point place the four fingers of your right hand above the inside ankle bone on your left foot. Spleen 6 is located on the bone (tibia). This point has given the best results



DAY 2

STOMACH 36 (Chinese name: Zu San Li) ON YOUR LEFT LEG

To find this point place the four fingers of your right hand underneath the bottom of the left knee cap. Stomach 36 is one finger width to the outside of the left knee. This point gives good results.



DAY 3

KIDNEY 3 (Chinese name: Tai Xi) ON YOUR LEFT LEG

To find this point locate the inside of your left ankle bone. Kidney 3 is located in the depression next to the ankle bone and the Achilles Tendon.

DAY 4 – apply to the SPLEEN 6 point (same as Day 1)

DAY 5 – apply to the STOMACH 36 point (same as Day 2)

Warnings: For external use only. Do not ingest. Do not use on wounds or damaged skin. Ask a health professional before using if you have a health condition. Do not use if pregnant or nursing. This product is not intended to diagnose, treat, cure or prevent any disease.

Advanced Instructions for Use - SP6 Complete Patch and Y-Age Glutathione

Apply the SP6 Complete patch and Y-Age Glutathione patch to clean, dry skin in the morning and remove in the evening. Patches can be worn up to 12 hours at a time. One SP6 Complete patch and one Glutathione patch are to be worn together 5 days per week, wearing new patches each day.

Suggested use for week 1 is shown in the diagrams below. For maximum results during week 2 and thereafter, rotate the patch between the acupuncture points that give you the most control over your appetite. For each of the placements shown, wear the SP6 Complete patch on the LEFT side of the body and wear the Glutathione patch on the RIGHT side of the body.



DAY 1

SPLEEN 6 (Chinese name: San Yin Jiao)

To find this point, place four fingers above the inside of the ankle bone. Spleen 6 is located on the tibia bone. This point has given the best results. Wear the SP6 Complete patch on the LEFT side of the body, and wear the Glutathione patch on the RIGHT side of the body.



DAY 2

STOMACH 36 (Chinese name: Zu San Li)

To find this point, place four fingers underneath the knee cap. Stomach 36 is located one finger width to the outside of the knee. This point gives good results. Wear the SP6 Complete patch on the LEFT

side of the body, and wear the
Glutathione patch on the RIGHT side of the body.



DAY 3

KIDNEY 3 (Chinese name: Tai Xi)

To find this point, locate the inside of the ankle bone. Kidney 3 is located in the depression between the ankle bone and the Achilles tendon. Wear the SP6 Complete patch on the LEFT side of the body, and wear the Glutathione patch on the RIGHT side of the body.

Warnings: Remove patches immediately if you feel discomfort or skin irritation occurs. If discomfort is due to detox symptoms, wear the Glutathione patch for a shorter period of time until detox symptoms begin to subside. Do not reuse patches once removed from the skin. Do not use more than one SP6 Complete patch and one Glutathione patch at a time. Keep your body well hydrated with water while wearing the patches.