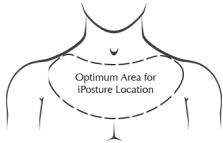


What is the iPosture?

The iPosture is a revolutionary device developed by doctors and specially engineered for posture enhancement. The secret of this the iPosture is a microchip that monitors your stance, continuously measuring the angle of the upper torso and using subtle vibrations to alert you when slouching.

How do I wear the iPosture?

It must be worn flat against the skin of the front upper chest, keeping the central logo button upright and facing out. Place the iPosture within the area designated in the diagram. Wear it close to the collarbone or chest bone to enhance the strength of the vibrations.



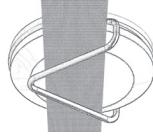
Choose any of three ways you can wear your iPosture:

It must be worn flat against the skin

a) Use the included clip to attach it to any garment that can hold the device stable and close to the skin, like a bra strap or form-fitting shirt. Loose clothing, such as a T-shirt, is not recommended. The metal clip is reversible, so you can use it facing in or out, depending on the garment. Take care not to wear in a position where the button may be accidentally pressed by your chest or garment. Rotate the clip to keep the logo upright. Remember: the closer to the skin, the better.



b) Use the double-sided EZ Sticks to adhere the device directly to the skin. Only medical grade adhesives, like the ones included in the package, are recommended to avoid skin irritation.

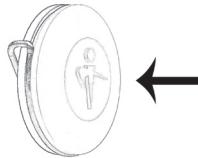


c) Thread a thin necklace through the clip and wear it as a pendant.



Operating the iPosture:

Put the iPosture on. Stand up erect holding a good, comfortable posture, and use your index finger to briefly press the central embossed logo button to start.



After you've pressed the button, a brief vibration acknowledges that your desired posture has been set; the unit immediately starts monitoring your posture.

The device vibrates once to alert you if you slouch for over 60 seconds. If your posture goes uncorrected, the iPosture will again vibrate, this time twice, after an additional 60 seconds of slouching. Straighten up at any time, and the vibrations stop, until you start slouching again.

If you choose not to correct your posture after the second reminder, the device will

go into sleep mode for 15 minutes. When it wakes up, it lets you know by vibrating twice, and it restarts the cycle again, keeping the same posture setting you last chose.

The iPosture turns off automatically when placed down on a table or other flat surface for a few seconds. If you lie down while wearing the device, it may also shut off.

How often do I wear the iPosture?

Use as often as you wish, but best results occur when wearing it 4 hours daily for the first 2-4 weeks. Afterwards, use it 2 or 3 days/week to maintain your improvement.

Tips:

- Good posture is about feeling tall and confident, not stiff and inflexible.
- Use the iPosture only when you're willing to work on your posture.
- Reset the unit anytime your posture requires it, such as when moving from a standing to a seated position.
- When wearing the iPosture under a shirt, the button can easily be felt and reset through the fabric.
- You can put the device to sleep for 15 minutes by pressing and holding the button for 3-4 seconds. When it wakes up, it will remember the last posture you selected.

Caution!

- Never wear the device when its use could pose a dangerous distraction, such as while driving. When in doubt, remove the iPosture or put it to sleep (see above).
- Avoid water contact or excess humidity that could harm the device.
- Never wear a unit that has been damaged in any way.
- Discontinue use of the device or the adhesive tape if you develop local skin irritation.
- This is not a toy, use only as directed. Keep it away from children and pets.
- No medical claims are made or implied with the sale of this device.
- External use only.

Replacing the Battery:

- Use your fingernails to carefully open the case.
- To remove the battery, push it out with care using the included battery removal tool.
- Insert a new battery with the (+) sign facing out and push in gently. Utilize only CR2032 batteries or equivalent.
- Dispose of the old battery properly
- After changing the battery, align the four posts and gently snap the case shut.

