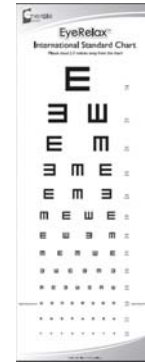


How to use EyeRelax

Directions how to use EyeRelax

Step 1 Hang the EyeRelax Eye Chart on a brightly lit wall

Step 2 Measure how many lines you are able to see on the eye chart one eye at a time with AND without spectacles



Step 3 Record date and vision EyeRelax monitoring chart



Step 4 5 minutes on the left eye, 5 minutes on the right Eye (focus on the image, blink naturally)



Step 5 Rest for 5 minutes or go to sleep

Step 6 Monitor using the eye chart every 10 days

Step 7 Record results on the monitoring chart

(EyeRelax eye chart and EyeRelax Monitoring Chart is included with every box of EyeRelax)

Use two times a day to effectively regain the healthy function of the eyes. Subsequently reduce to 2-3 times a week to maintain improved eyesight. The development is gradual and will stabilize after 1-6 months, varying from user to user. However, you see progressive results in 2-3 months of use. EyeRelax, when used diligently and coupled with good visual habits such as taking regular vision breaks is proven to be very effective in improving eyesight, both for myopia and presbyopia.