

PATCHES FOR DAYTIME

BEST FOR DAY USE ONLY

X39 REPAIR/GHK COPPER PEPTIDE

Wear 12-hours on, 12-hours off every day. Can be placed directly on area of concern / pain, or suggested placements. *Note: most don't sleep well with it on a night, although a few report night-time preference.*



X49 PERFORMANCE/AHK COPPER PEPTIDE

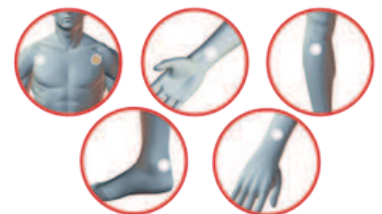
Wear 12 hours on, 12 hours off every day or as needed. Performs optimally when used in conjunction with X39.



ENERGY ENHANCER

NATURAL ENERGY

Wear during the day. Use as needed for 12-hours on, 12-hours off. Especially supportive for lymphatic detox & burning an extra 300-600 calories a day. Recommended to use after 2-3 weeks of using X39



GLUTATHIONE DETOX

Begin wearing after 2-3 weeks of using X39. Begin gradually, working up slowly up to 1-4 times per week. Wear during the day, due to required hydration. *Pro tip: wear on throat during flights for added immunity boost.*



SP6 CRAVINGS/HORMONES

Wear during the day as needed, for support of blood sugar & more. Eases menopause symptoms.



These statements have not been evaluated by the FDA. LifeWave products are not intended to treat, cure, or prevent any disease or illness

PATCHES FOR NIGHTTIME

BEST FOR NIGHT USE ONLY

ALAVIDA COLLAGEN/HORMONES

Best worn at night. Wear 12 hours on, 12 hours off, 5 days a week.
Supports relaxation for a more restful night's sleep.



SILENT NIGHTS SLEEP/FOCUS

Best worn at night, 30 minutes before bed. Take off once you wake.
Behind the right ear is a favorite placement for many.



DAY OR NIGHT USE

AEON

INFLAMMATION/NERVOUS SYSTEM

May be used daily, (day or night), but only for 12 hours. Note: Rotate for overall body support; or, for quickest relief, place on area of concern. Supports relaxation & moods; reduces inflammatory response & stress.



CARNOSINE

BRAIN & CIRCULATORY HEALTH

May be used 1-4 days per week (day or night), but only for 12 hours



ICEWAVE PAIN RELIEF

May be used anytime (day or night), but it is best to give **at least an 8 hour break**.
Check out [HarmoniPatching.com/PatchOverview](https://www.harmoni.patching.com/PatchOverview) for an in-depth placement guide



These statements have not been evaluated by the FDA. LifeWave products are not intended to treat, cure, or prevent any disease or illness