

# 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

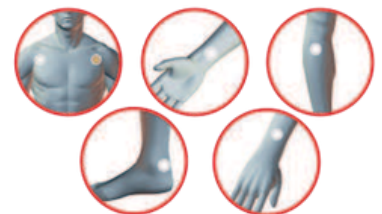
Wear 12 hours on, 12 hours off every day or as needed. Performs optimally when used in conjunction with X39.



## 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 [RevitalizeByLight.com/Patch-Overview](https://www.RevitalizeByLight.com/Patch-Overview)** for an in-depth placement guide



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