

INSTRUCTIONS FOR USE

FlexiSEQ

FOR JOINT WEAR & TEAR

FlexiSEQ is a medical device for self-administration. Read the whole leaflet carefully before you start using this product. Keep this leaflet for future reference. If you have any further questions, contact us at enquiries@flexiseq.com

WHAT IS THE INTENDED PURPOSE OF FLEXISEQ & HOW DOES SEQ TECH™ WORK?



FlexiSEQ lubricates the cartilage in joints to relieve pain and stiffness and improve impaired joint function associated with all stages of osteoarthritis.

FlexiSEQ is a topically applied gel that is clinically proven to relieve joint pain and improve mobility.

FlexiSEQ contains billions of plant-based, oily droplets called **Sequessomes™**. Activated when our gel dries on the skin, these tiny, flexible droplets pass through the skin and into target joints, where they localise on cartilage surfaces to form a lubricating layer that protects damaged cartilage. We call this unique, lubricating mode of action **SEQ Tech™** and it's the revolutionary driving-force powering **FlexiSEQ**.

FlexiSEQ is our mildest formula and helps to restore joint function, relieve pain and improve mobility in adult patients who have received a diagnosis of osteoarthritis or joint wear and tear.

FlexiSEQ is drug free and can be used long term and alongside medications without drug interactions or exacerbating pre-existing conditions. It is suitable for all synovial joints.

COMPOSITION

Aqua, Phosphatidylcholine, Glycerin, Alcohol, Carbomer, Disodium Phosphate, Sodium Hydroxide, Polysorbate 80, Benzyl Alcohol, Methylparaben, Ethylparaben, Disodium EDTA, Linalool, Sodium Phosphate, Sodium Metabisulfite, BHT.

PRESENTATION AND PACK SIZE

FlexiSEQ is a white to yellow gel with a citrus odour and comes in 50g and 100g tubes.

LIMITATIONS, CONTRAINDICATIONS, PRECAUTIONS OR WARNINGS

- FlexiSEQ is for use by adults only. It is not for use on children.
- FlexiSEQ has not been tested on pregnant or breastfeeding women and they should seek the advice of a healthcare professional before using it.
- FlexiSEQ contains benzyl alcohol and linalool. Do not use FlexiSEQ if you are allergic (hypersensitive) to any of the ingredients.
- Do not use FlexiSEQ on open wounds, broken or infected skin or mucous membranes (the lining of the openings of the body, such as the mouth, nose or eyes).
- Do not use if the tube is split, or the product does not look or smell as described.
- There are no known interactions with medicines or medical devices.
- Keep out of the reach of children.
- Fabric (clothing, bedding etc.) that has been in contact with this product may burn more easily. Washing clothing and bedding may reduce product build up but not totally remove it.
- Wash hands after using FlexiSEQ. If your hands are the area being treated, wait 10–15 minutes, until the treated area is dry, before washing.
- Avoid using other moisturisers, creams, or massage oils on the treated area until FlexiSEQ has fully dried.
- Do not apply the recommended amount of FlexiSEQ more than 4 times in any 24-hour period.
- Dispose of used tube and packaging in line with local regulations.

POTENTIAL SIDE EFFECTS

- Minor skin irritations such as dryness and redness at the site of application may affect about 6 in 100 people. If affected, reduce the frequency of application to once daily. If this does not improve the condition, you may discontinue application until the problem resolves, usually within a few days. You may then restart the application. If the problem persists, then discontinue use.
- If you have any concerns or notice any side effects not listed in this leaflet, please talk to your healthcare professional and/or contact us at enquiries@flexiseq.com
- In the event of a serious incident, please contact your authority having jurisdiction and inform us via enquiries@flexiseq.com

KEY TO SYMBOLS



Legal Manufacturer:
PBB Devices Limited,
4th Floor Phoenix House,
1 Station Hill, Reading, Berkshire,
RG1 1NB, UK.



Temperature limitation
(store between 8°C and 25°C).



Caution.



Medical device.



Use by (see imprint on the tube and carton). Do not use the product after the expiry date.



Batch number (see imprint on the tube and carton).



Consult instructions for use.



European Conformity marking and Notified Body identity number.



Non Sterile.



EU Authorised Representative:
NEXTEC medical GmbH,
Zöllinplatz 4, 79410 Badenweiler,
Germany.



Date of manufacture
(see imprint on the carton).

APPLYING FLEXISEQ TO YOUR JOINTS

FlexiSEQ is not like other gels. It is important to apply our gel correctly to joints to ensure it works effectively. It should **NOT** be rubbed into the skin. It should be allowed to dry completely before covering. It is most effective when applied to soft tissues around joints, rather than to bone.

Application	Drying Time	Frequency	Effect Time	Storage
 Apply to clean, dry skin. Spread a thin layer of gel evenly to the soft tissues around the joint. Do NOT rub in. Wash hands after use.	 Once applied, the correct amount should take roughly 10 minutes to air dry. Do NOT cover whilst drying. After 10 minutes, the treated area might feel slightly sticky to touch and can be washed if preferred.	 Apply FlexiSEQ twice daily, every day, in the morning and evening.	 FlexiSEQ can take several days to start taking effect.	 Replace cap after use. Store at room temperature between 8°C and 25°C and use within three months of opening.
Knees	Hands	Hips	Shoulders	
 Apply a line of gel as long as your index finger to the back and sides of your knee joint. It should not be applied to the kneecap.	 Apply a pea-sized quantity of gel around each affected joint. Avoid washing treated hands for 10-15 minutes after application.	 Locate the edge of your hip bone and apply a line of gel as long as your index finger to the soft tissue below, where the bone can no longer be felt. Spread towards your groin, not buttocks.	 Apply a line of gel as long as your index finger making sure you evenly cover the area around your joint from the top of the arm, leading into your armpit. It should not be applied to the bone or shoulder blade.	

Please visit www.flexiseq.com/help-and-advice to find out how to get the best from our product and www.flexiseq.com/how-to-apply-flexiseq to view videos that demonstrate the correct application of FlexiSEQ to various joints.

THE BENEFITS OF A DRUG FREE PRODUCT

As a drug free treatment, FlexiSEQ has several added benefits for the following joint pain sufferers:

 Patients looking for a drug free formula.	 Patients wanting reduced systemic side effects.	 Patients who need treatment that can be used for longer than 14 days.	 Patients for whom NSAIDs are not suitable.	 Patients taking medications that may interact with traditional painkillers.
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WELCOME TO THE FLEXISEQ MOVEMENT

We're delighted to welcome you to the FlexiSEQ family. Our products are designed to help you move without pain and to give you the freedom to say 'yes' to life.

Our help and support doesn't end with our range of products. Visit our website to sign up to our free FlexiSEQ newsletter and each month we'll send you updates from our amazing community and news of our latest promotions. If you have any questions, comments or feedback, you can also find us on social media or feel free to contact us at enquiries@flexiseq.com

Together we are stronger, that's what the [#FlexiseqMovement](https://twitter.com/FlexiseqMovement) is all about.



PATENTS AND TRADEMARKS

Europe: EP2437726 validated in AT, CH, DE, ES, FR, GB, IE, IT, LT, LV, NL, TR
EP2836203 validated in ES, GB, RO, SI

GB: See www.ascension.co.uk/patents

Singapore: 176297

Malaysia: MY-170121-A

South Africa: 2012/00017

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