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> Reliefband Classic Wristband Instruction Manual

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Model: Reliefband Classic Wristband

Brand: Reliefband

INTRODUCTION

The Reliefband Classic Wristband is an FDA-cleared, drug-free wearable solution designed for the effective relief of nausea and vomiting. It works by stimulating the median nerve on the underside of the wrist, sending signals to the brain that normalize nerve messaging to the stomach, thereby rapidly relieving symptoms without side effects.

This device is clinically proven to provide fast-acting relief for various conditions including motion sickness (car, air, train, sea), morning sickness, migraines, and post-operative nausea.



Image: The Reliefband Classic Wristband shown with two tubes of hypoallergenic conductivity gel.

Nausea Relief Comparison		reliefband Neuromodulation	Acupressure Bands	Medications
Clinically Proven Technology	✔ FDA-cleared neuromodulation	⚠ Mixed evidence	✔ But often with side effects	
Works After Nausea Starts	✔ Yes, can be activated anytime	✘ Mostly preventive only	✔ Yes, but takes time to kick in	
No Drowsiness or Fog	✔ 100% drug-free, no side effects	✔ No drowsiness	✘ Common side effect	
Customizable Intensity	✔ 5+ levels of personalized relief	✘ One-size pressure point	✘ Fixed dosage only	
Fast-Acting Relief	✔ Works in minutes	⚠ Slower, not immediate	⚠ 30-60 minutes to take effect	
Comfortable for All-Day Wear	✔ Lightweight, wearable like a watch	⚠ May feel tight or loose	✘ Not wearable	
Treats Multiple Causes	✔ Motion sickness, pregnancy, medical, +	⚠ Primarily motion-related	✔ But varies by medication	
No Risk of Drug Interactions	✔ Safe to use anytime	✔ No interaction risk	✘ Can conflict with other meds	

Image: Conditions for which Reliefband provides FDA-cleared relief, such as motion sickness, morning sickness, and post-operative nausea.

WHAT'S INCLUDED

- 1 x Reliefband Classic Wristband (with pre-installed batteries)
- 2 x Hypoallergenic Conductivity Gel Tubes (7.5ml / 0.25 fl. oz. each)

- 1 x Adjustable Nylon Strap

SETUP AND APPLICATION

Proper placement and application of the conductivity gel are crucial for the Reliefband Classic to function effectively.

1. **Find the Area:** On either wrist, locate the area between the two central tendons. This spot is approximately two finger-widths from the first crease of your wrist.
2. **Apply the Gel:** Clean the identified area on your wrist. Apply a small drop of the hypoallergenic conductivity gel and spread it in a circular motion, covering an area about the size of a large coin. This gel ensures optimal conductivity between the device and your skin.
3. **Place and Fasten:** Position the Reliefband Classic directly over the gelled area. Secure the adjustable nylon strap snugly around your wrist.

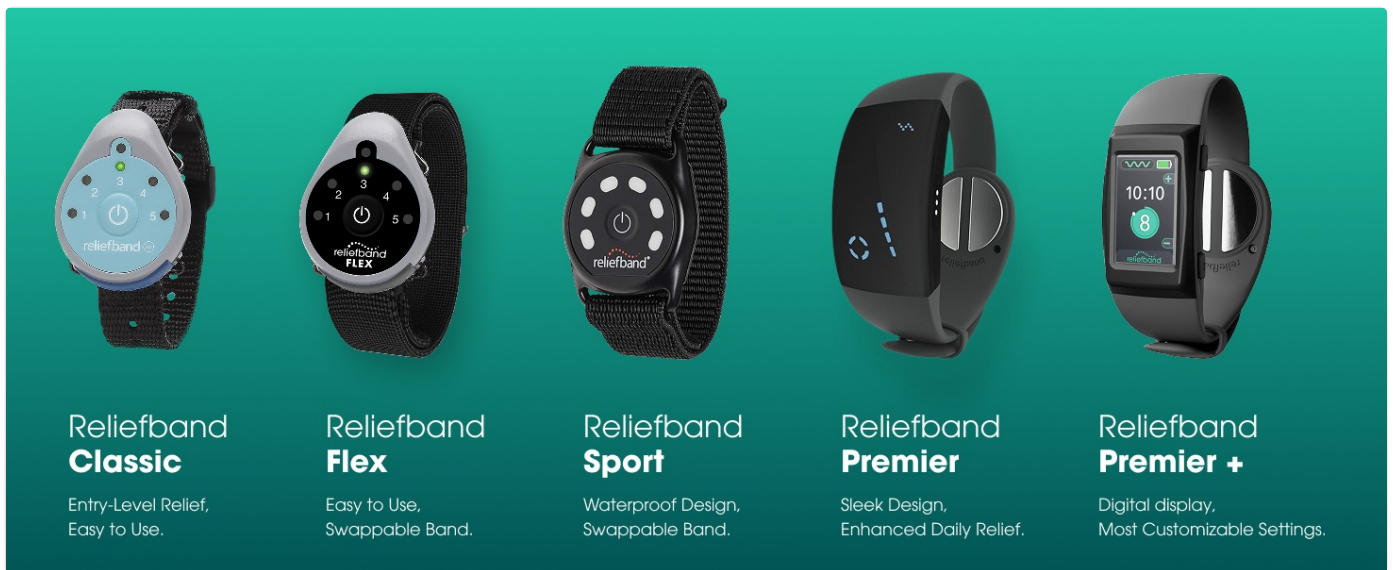


Image: Step-by-step guide for applying the Reliefband Classic.

OPERATING INSTRUCTIONS

Once the Reliefband Classic is properly positioned and the gel applied, follow these steps to activate and adjust the device:

1. **Power On:** Press the power button located on the device. The device will start at intensity level 1.
2. **Adjust Intensity:** Increase the stimulation level by pressing the intensity up button until you feel a comfortable tingling sensation in your palm and middle finger. The Reliefband Classic has 5 intensity settings, allowing you to customize the treatment to your precise needs.
3. **Continuous Use:** The device is designed for continuous use and can provide relief for up to 150 hours with its pre-installed batteries.
4. **Power Off:** To turn off the device, press and hold the power button for 3 seconds.



Image: The Reliefband Classic in use, demonstrating its placement and controls.

MAINTENANCE

To ensure the longevity and optimal performance of your Reliefband Classic, follow these maintenance guidelines:

- **Cleaning:** After each use, gently wipe the electrodes and the surrounding area of the device with a clean, damp cloth to remove any residual conductivity gel. Ensure the device is dry before storage.
- **Battery Replacement:** The Reliefband Classic uses 2 Lithium Metal batteries (included). The device features a low battery indicator. When the battery needs replacement, refer to the detailed instructions provided in the full user manual for safe and proper battery exchange. *Note: Some users have reported difficulty with battery replacement; exercise caution and follow instructions carefully.*
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures.
- **Gel Storage:** Keep the conductivity gel tubes sealed when not in use to prevent drying.

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Reliefband naturally taps in to your body's own nervous system blocking impulses that tell you to feel nauseous. I've studied the device myself in clinical trials with real surgical patients and it really works.



Dr. Sherer, MD



FDA Approved & Clinically Proven

Reliefband is trusted by doctors and used in hospitals and oncology clinics to treat nausea and vomiting.



100% Natural Nausea Relief

Reliefband uses gentle wrist pulses to deliver 100% natural nausea relief, no meds, no drowsiness.



Fast Acting & Long Lasting

Reliefband delivers relief in minutes and works before and after nausea strikes.

Image: Key features of the Reliefband Classic, including its replaceable battery and splash resistance.

TROUBLESHOOTING

If you encounter issues with your Reliefband Classic, consider the following:

- **No Sensation or Weak Sensation:**

- Ensure sufficient conductivity gel is applied to the skin and spread evenly.
- Verify the device is placed correctly over the gelled area, between the two central tendons.
- Increase the intensity level. The sensation should be a comfortable tingling, not painful.
- Check battery status. If the low battery indicator is on, replace the batteries.

- **Skin Irritation:**

- Ensure the conductivity gel is hypoallergenic.
- Clean the skin thoroughly before application.
- If irritation persists, discontinue use and consult a healthcare professional. *Note: Some users with metal allergies (e.g., nickel) have reported skin reactions; the specific metal content of conductors is not always listed.*

- **Device Not Powering On:**

- Check if the batteries are correctly installed.
- Replace batteries if they are old or depleted.

- **Difficulty with Battery Replacement:**

- The battery holder is designed to be secure. Follow the instructions precisely. If you encounter significant difficulty, contact customer support to avoid damaging the device.

SPECIFICATIONS

Feature	Detail
Model	Reliefband Classic Wristband
Dimensions (L x W x H)	1.5 x 0.5 x 2 inches
Item Weight	3.84 ounces
Power Source	2 Lithium Metal batteries (included)
Battery Life	Up to 150 hours of continuous use
Intensity Levels	5 adjustable settings
Water Resistance	Splash & Spray Proof
Wrist Sizes	Fits 4.5" - 9.25"
Special Features	Clinically Proven, Targeted, Fast-Acting, Drug-Free

Stories of Relief

Kimberly B
Very grateful

My husband is getting chemotherapy and I bought this as a last resort to try to help him. He swears by it and never goes without it. It has helped so much with his nausea- I would recommend to anyone to give it a try.

Laurie M
Disney ready!

I used it at Disney World, it made a huge difference. I was able to ride all the rides with no motion sickness at all.

Kristi C
Suffered with motion sickness my whole life

I have struggled with motion sickness my entire life. This band is a game changer for me! I sat in the back seat and read a book for the first time ever while wearing this band.

Tasha E
LIFE CHANGING

THIS DEVICE IS LIFE CHANGING! I suffer from severe nausea due to fibromyalgia, endometriosis and more. When this device was gifted to me, I started wearing it every day all day. I noticed right away that I was able to eat more and feel less nauseated. Thank you reliefband!

Mary O
Amazing technology!

This product has been a life saver! I highly recommend this for anyone suffering from chronic nausea.

Chrissy R
Game changer!

My relief band has completely changed travel! So much so that I'm having to refill my gel. Thank you, Relief Band!!!

Melissa J
OMG IT WORKS

I had a migraine and started to get nauseous. I thought I was going to be sick, but I put this on and within minutes it passed. I am a HUGE proponent for anyone to use this.

Jason D
It works!

I'm a full time fishing guide and have been having my seasick prone clients use this and they absolutely love it!

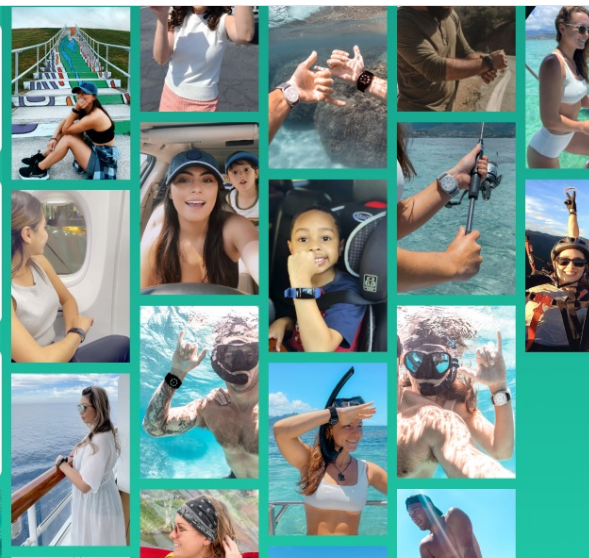


Image: Comparison of Reliefband technology with other nausea relief methods.

WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please contact Reliefband customer service directly. As a product from a small business brand, your support is valued.

Visit the official Reliefband Store for more information and contact details: [Reliefband Store](#)