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› Intake Breathing Nasal Strip Starter Kit (15 Count, Black) - Boost Oxygen Intake, Reduce Snoring, Improve Sleep Quality - Sweat Resistant, Skin Safe Nasal Strips - Extra Strength Snoring Solution 15 Count Black

intake 15 Count Black

Intake Breathing Nasal Strip Starter Kit User Manual

Model: 15 Count Black

Brand: intake

INTRODUCTION

The Intake Breathing Nasal Strip Starter Kit is designed to enhance nasal airflow, reduce snoring, and improve overall sleep quality. This system utilizes a patented two-part design consisting of independent nasal tabs and a magnetic relief band to gently open nasal passages to their widest capacity. It is intended for individuals seeking to optimize their oxygen intake and alleviate nasal congestion for better breathing during sleep, exercise, or daily activities.

WHAT'S INCLUDED

Your Intake Breathing Nasal Strip Starter Kit includes the following components:

- **Reusable Intake Relief Bands:** Four bands in various common sizes (Small, Medium, Large, X-Large) to help you find the optimal fit.
- **Disposable Nasal Tabs:** 15 pairs of single-use nasal tabs. These tabs are made of medical-grade, sweat-wicking material and contain a steel disc.
- **Magnetic Applicator:** A tool designed for precise and easy application of the nasal tabs.

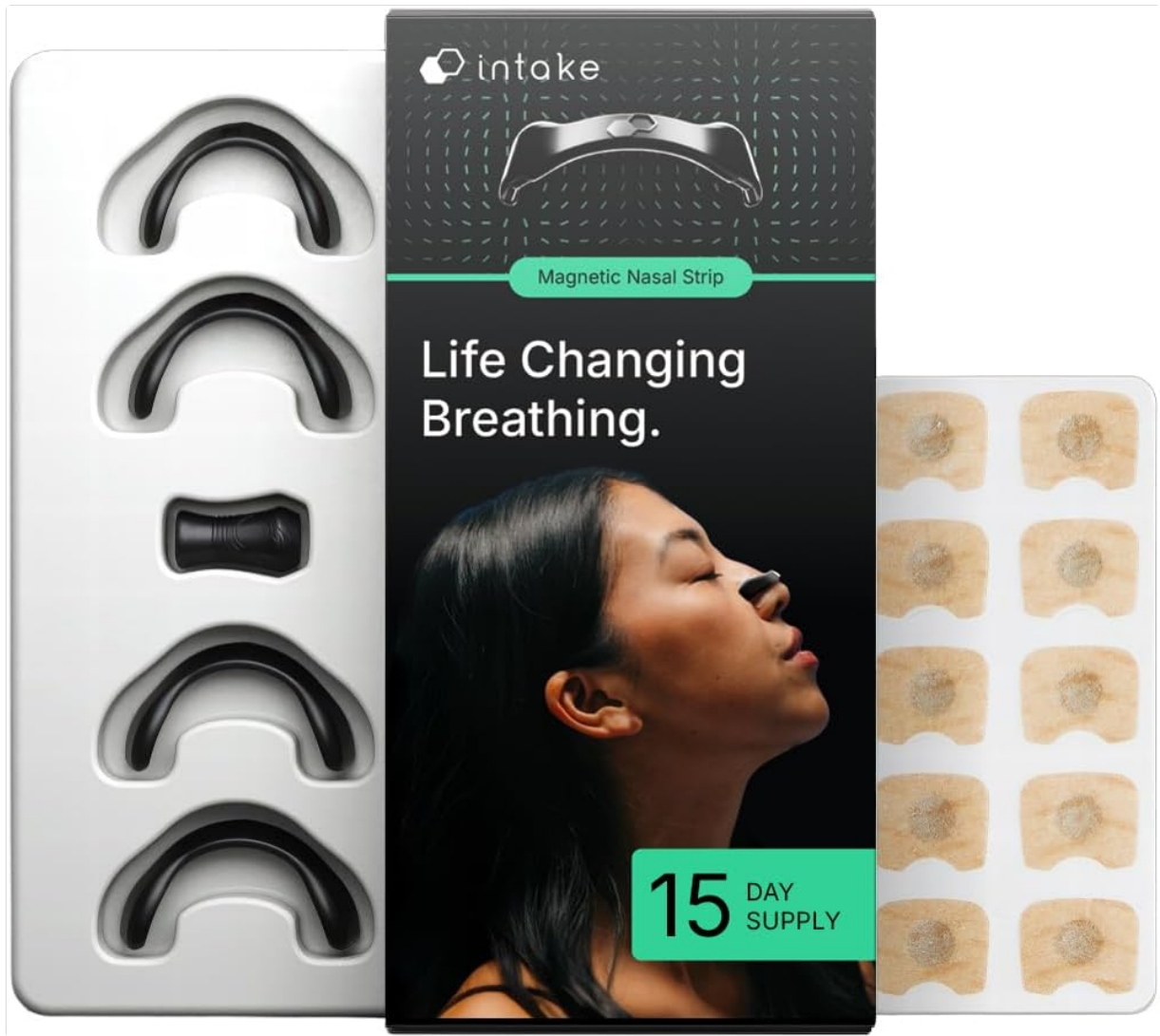


Image: The complete Intake Breathing Nasal Strip Starter Kit, showing the reusable bands, disposable nasal tabs, and the magnetic applicator.

What's Included



Small



Medium



Large



X-Large

Free Resizing

4 Bands In Our Most
Common Sizes



15 or 30 Tabs



Applicator For
Placing Tabs

Image: A visual breakdown of the kit's contents, highlighting the different band sizes, the quantity of tabs, and the applicator.

SETUP AND APPLICATION

Follow these steps for proper setup and application of your Intake Breathing Nasal Strip:

1. **Cleanse Nose:** Ensure your nose is thoroughly clean and dry. Wipe off any oils or sweat from the skin where the tabs will be applied. This is crucial for optimal adhesion.
2. **Select Band Size:** Choose the reusable Intake Relief Band that provides the most comfortable and effective fit for your nose. The kit includes multiple sizes for this purpose.
3. **Apply Nasal Tabs:** Use the magnetic applicator to pick up one disposable nasal tab. Carefully place one tab on each side of your nose, ensuring they adhere firmly to the skin. The tabs are designed to attach independently for precision placement.
4. **Attach Band:** Once the tabs are in place, attach the magnetic ends of the Intake Band to the steel

discs within each tab. The band will instantly open your nasal passages.

Reusable Band

Our reusable band is built to last—rigid, durable, and designed for longevity. You only need to replace the adhesive tabs.

Image: Demonstrates the application of the reusable band, highlighting its connection to the nasal tabs.

KEY FEATURES AND BENEFITS

- **Patented Technology:** The two-part system with independent nasal tabs and a magnetic band ensures optimal nasal airflow and a personalized, comfortable fit.
- **Comfortable and Durable:** Unlike traditional nasal strips, the Intake band is worn externally, providing relief without relying on the delicate bridge of your nose. This design ensures a more comfortable and lasting experience.
- **Reduces Snoring:** Effectively increases oxygen intake and helps relieve nasal congestion, leading to a significant reduction in snoring and improved sleep quality.
- **Enhanced Oxygen Intake:** By opening nasal passages, the device helps increase oxygen intake, which can reduce stress and boost energy levels for daily activities or athletic performance.
- **Safe and Effective:** Made with medical-grade plastic and extra-strong neodymium magnets. It is a drug-free and latex-free breathing aid, suitable for combination with other sleep aids like nasal sprays.
- **Doctor Recommended:** Recommended by doctors worldwide, particularly for individuals experiencing nasal collapse or deviated septums, as studies indicate 80% of individuals experience

some degree of nasal collapse.

Guaranteed To Stay On With Patented Technology

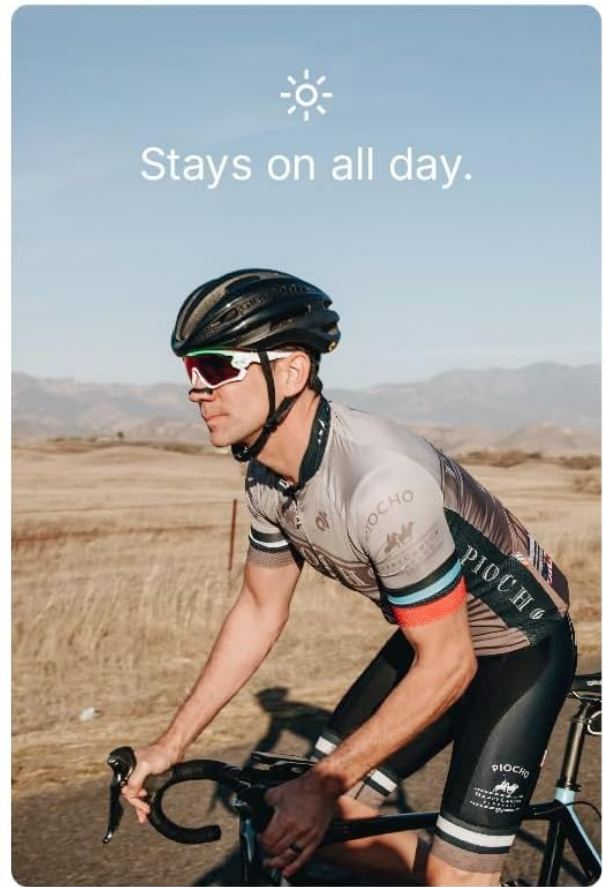
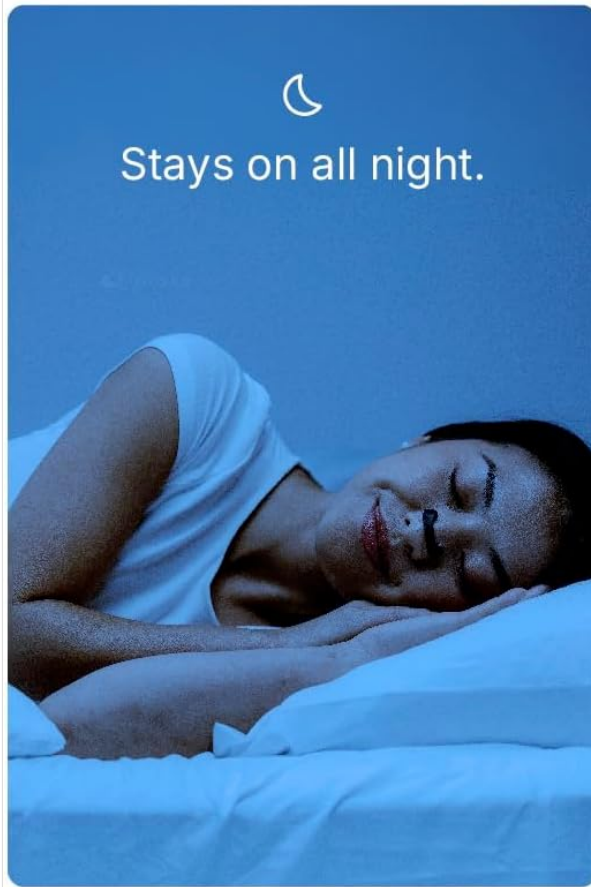


Image: Illustrates the secure fit of the Intake band, designed to stay on during both sleep and active periods.

Instant Relief From Congestion

92% of users report instant relief from sinus pressure and congestion.*



*Sleep Score Labs Study: Participants with sleep tracking occurring from October 2024 through December 2024 analyzing over 840 nights of sleep.

Image: Visual comparison demonstrating the effectiveness of Intake in providing instant relief from congestion compared to traditional nasal strips.

Reduce Snoring

88% of users reporting significant or complete reduction in snoring.*

Snoring



80%
Lower
dBs



*Sleep Score Labs Study: Participants with sleep tracking occurring from October 2024 through December 2024 analyzing over 840 nights of sleep.

Image: Depicts the snoring reduction benefit of using Intake, showing a graphic representation of reduced snoring decibels.

Doctor Recommended For Deviated Septums

Studies show that 80%
of individuals experience
some degree of nasal
collapse.

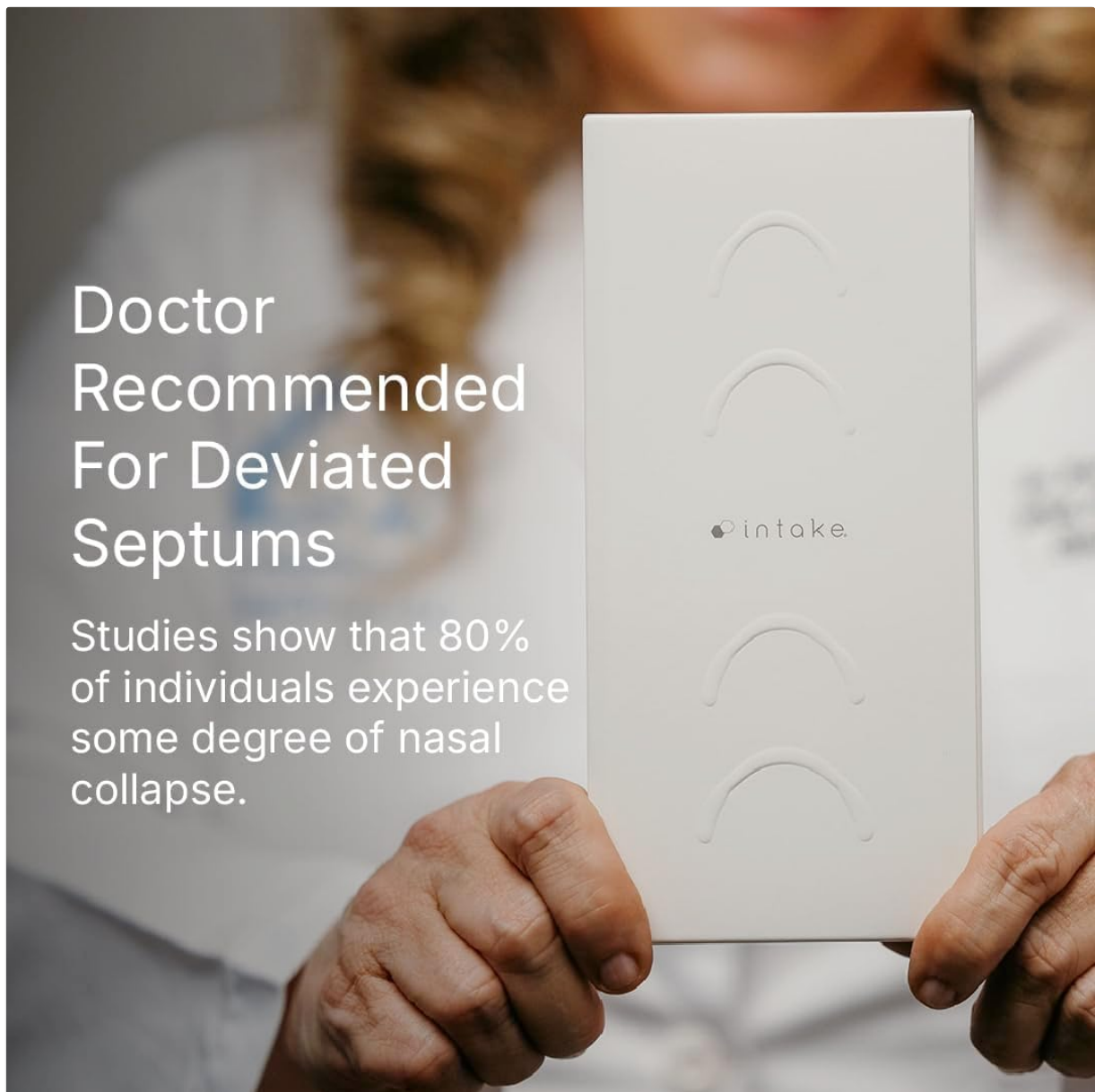


Image: Highlights the medical recommendation for Intake, particularly for individuals with deviated septums.

SIZING AND FIT

The Intake Breathing Nasal Strip Starter Kit includes four reusable bands in common sizes (Small, Medium, Large, X-Large) to ensure a guaranteed fit for various nose shapes and sizes. Experiment with the different bands to find the one that provides the most comfortable and effective nasal opening for you.

Sizing For All Noses

Guaranteed Fit.



SMALL



MEDIUM



LARGE



X-LARGE

Image: Shows how the different sizes of Intake bands fit on various noses, ensuring a proper and comfortable fit for all users.

CARE AND MAINTENANCE

The Intake reusable band is designed for longevity and durability. To maintain hygiene and effectiveness:

- **Cleaning the Band:** After each use, gently clean the reusable band with mild soap and water. Rinse thoroughly and allow it to air dry completely before storing.
- **Replacing Tabs:** The nasal tabs are for single use only. Dispose of used tabs after each application and replace them with fresh ones for subsequent uses.
- **Storage:** Store the band and unused tabs in a clean, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

If you encounter any issues while using your Intake Breathing Nasal Strip, consider the following:

- **Tabs Not Sticking:** Ensure your nose is thoroughly clean and dry before applying the tabs. Any oils, sweat, or residue can reduce adhesion. Re-clean the area and try again with a new pair of tabs.

- **Discomfort or Pressure:** Verify that you are using the correct size band. The kit includes multiple sizes; try a different size to find a more comfortable fit. Ensure the tabs are placed precisely and the band is not pulling excessively on the skin.
- **Reduced Effectiveness:** Confirm that the tabs are securely attached and the band is properly connected to the tabs. Ensure the band is positioned to effectively open your nasal passages. If the tabs are old or have been exposed to moisture, their adhesive quality may degrade; use a fresh pair.

SPECIFICATIONS

Product Dimensions	7.4 x 3.46 x 0.79 inches
Weight	2.82 ounces
Materials	Medical-grade plastic, Neodymium magnets, Sweat-wicking tab material
Kit Contents	4 Reusable Bands (various sizes), 15 Pairs of Disposable Nasal Tabs, 1 Magnetic Applicator
Manufacturer	Intake Breathing

IMPORTANT SAFETY INFORMATION

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult with a healthcare professional if you have underlying medical conditions or concerns about using this product.

Keep out of reach of small children due to small parts (magnets, tabs) which could pose a choking hazard.

CUSTOMER SUPPORT

For further assistance, questions, or concerns regarding your Intake Breathing Nasal Strip Starter Kit, please visit the official Intake Breathing store or contact customer support through the retailer where the product was purchased.

You can visit the [Intake Store on Amazon](#) for more information and resources.