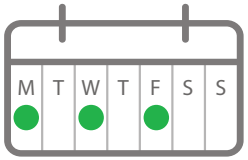
PDCare Treatment

Time to Complete

18 MINUTES ABDOMEN + 2 MINUTES BACK OF NECK



Frequency

3 times per week, with one day of rest between treatments.

Please review the PDCare Instruction Manual for full safety and operating advice.

Battery Care

- When the PDCare is low in power, you will notice the following signs:
  - It may work for several seconds or minutes and then beep continuously
  - It may start to beep every few seconds after you turn it in
  - It may not turn on at all
- Please make sure the PDCare is turned of fully after each treatment. The green light within the power button should be off.
- If the PDCare is not turned off after each use, the batteries will need replacing more often than every 4 hours of continuous usage.
- If you change the batteries for the first time, first unscrew the back panel of the device by using a small flathead screwdriver. Once the screw has been removed, slide the back panel up to release the panel. You should now have access to the batteries. Replace the existing batteries and then place the cover back on. The panel will now sit securely on the device. Optionally place the screw back in the device for additional assurance. Do not over-tighten the screw when screwing it back on.
- Rechargeable AAA batteries may be used. For convenience you may want to purchase 12x AAA NiMH batteries to have on hand, and an 8-slot battery charger for recharging batteries every few weeks.

Safety Precautions & Contraindications

Please review the Safety Precautions and Contraindications page on our website and the Instruction Manual before use. SYMBYX is not your primary healthcare provider and you are advised to consult with one if ever in doubt.

A level of caution should be exercised when commencing any new therapy as there is always a small risk of producing unwanted side effects. These may include mild and transient nausea, vomiting, dizziness and/or vertigo. These symptoms are usually transient, and almost always fully resolve with a short break from the therapy.

Please perform your treatment sitting or lying down, and take your time standing up to minimise any risk of falls or injury.

If you experience worsening balance, tremor, headache, nausea, dizziness and/or other adverse reactions, please cease the therapy immediately and contact our Clinical Support team at clinicalsupport@symbyxbiome.com for further instructions

Scan the QR code to watch the video:

How to use the PDCare laser to reduce Parkinson's symptoms

To learn more about SYMBYX, visit our website and follow us on social media

Contact Information

SYMBYX Customer Care

Email: info@symbyxbiome.com

Phone (worldwide): +61 2 8066 9966

Phone (UK only): +44 2037 698576

SYMBYX Pty Ltd

3/116 Military Road
Neutral Bay NSW 2089
Australia

www.symbyxbiome.com

PDCare Protocol

Turn On the PDCare Laser

- Press the power button gently on the top of the PDCare and release (1). The small green light within the power button will now be illuminated.
- This will be followed by 4 short beeps and a flashing green light band (2).
- When the PDCare is pressed onto the treatment area, the green band of light will be illuminated, indicating that the laser diodes are emitting laser light (3).

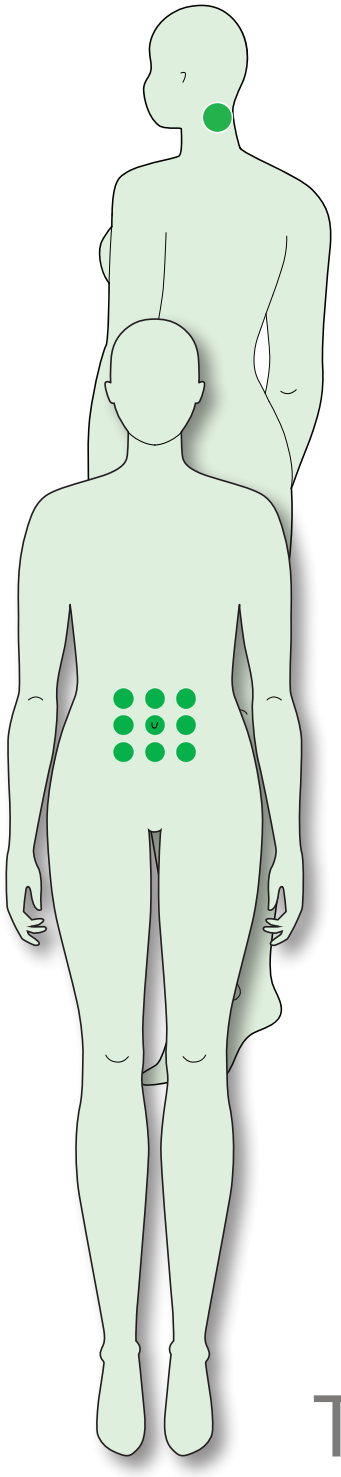
First Week of Treatment

For the first week of treatment, we recommend starting with half the dosage. Simply follow the below instructions but only treat each spot on the Abdomen and back of Neck for 1 minute per spot (10 minutes in total). After the first week, complete the full protocol and hold the PDCare laser on each spot for 2 minutes (20 minutes in total).

The Abdomen

- After turning the PDCare on, press the laser end of the PDCare laser (3) comfortably onto the bare skin of your Abdomen, ensuring that the green light band is illuminated (2). The PDCare laser will beep every 1 minute of laser treatment.
- Hold the PDCare on each of the 9 spots marked on the diagram for 2 minutes of treatment (2 beeps). You can move the laser around the 9 spots in any order you choose, using your belly button as the middle point of the Abdomen. The top 3 spots to treat are above the belly button but below the ribs. The bottom 3 spots are just below the belly button.
- If at any time during the treatment you release pressure on the laser device and the green light band (2) switches off, simply recommence the treatment. The PDCare will not revert back to zero seconds, but will continue treating for the remaining time of that minute.

Please always treat below your rib cage and above your pelvis to ensure best results. Please be seated, or lying down during treatment.



The Back of the Neck

- After completing the Abdomen routine, press the laser against the back of the Neck just below the base of the skull (top of the neck). Hold the PDCare in this treatment spot for 2 minutes (2 beeps).

Turn Off the PDCare

1. Press the power button on the top of the PDCare and release (1).
2. The small green light within the power button will now turn off (1).
3. When pressed against the skin there should be no beeping sound or flashing light.

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