

X39® Health Benefits Tracker

Name: _____ Start Date: _____

- Before using X39®, watch the short 3-min video on StartX39.com
 - Complete the “Before” column on the Health Benefits Tracker below
 - Apply one X39® Patch in the morning
 - Wear the X39® Patch for 12 Hours, REMOVE and DISCARD before bedtime
 - The next day, complete the “24 hours” column on the Health Benefits Tracker
 - I or one of my team members will be happy to answer questions about this amazing technology
 - Keep tracking your health benefits for 90 days with the Health Benefits Tracker
- 90 DAY 100% MONEY BACK GUARANTEE for Retail, Preferred, and PC+ Customers
 - 30 DAY 100% MONEY BACK GUARANTEE for Distributors

PLACE ONE X39 PATCH ON

- Apply to clean, dry skin in the morning
- Patches may be worn for up to 12 hours before discarding
- Keep well-hydrated during your X39® Experience



HEALTH BENEFITS TRACKER (Rate yourself on a 1-10 Scale)

Section 1: A higher # is better with these Symptoms - 10 is Excellent								
	Before	24 hours	7 days	14 days	21 days	30 days	60 days	90 days
Quality Of Sleep								
Mental Clarity								
Energy & Vitality								
Stamina								
Recovery Time From Exercise								
Muscle Strength & Tone								
Mobility								
Skin Appearance								
Feelings of Well Being								
Other								

Section 2: A lower # is better with these Symptoms - 1 is Excellent								
	Before	24 hours	7 days	14 days	21 days	30 days	60 days	90 days
Pain								
Inflammation								
Headaches								
Mood Swings								
Fine Lines & Wrinkles								
Age Spots								
Scars								
Other								

Warnings: Remove immediately if you feel excessive discomfort or if skin irritation occurs. For external use only. Do not ingest. Do not use directly on open wounds or damaged skin. Ask your health professional before using if you have a health condition or have questions and concerns about your health. Do not use if pregnant or nursing.

