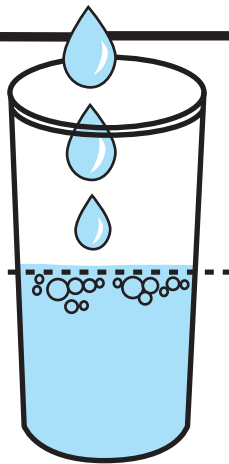


# How to use your **hydrapep**

**1**

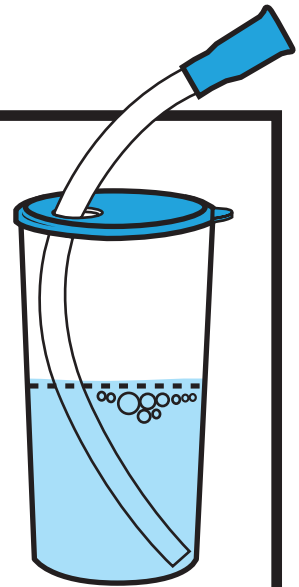
Fill your Hydrapep with clean water up to the first line.

**FILL LINE**

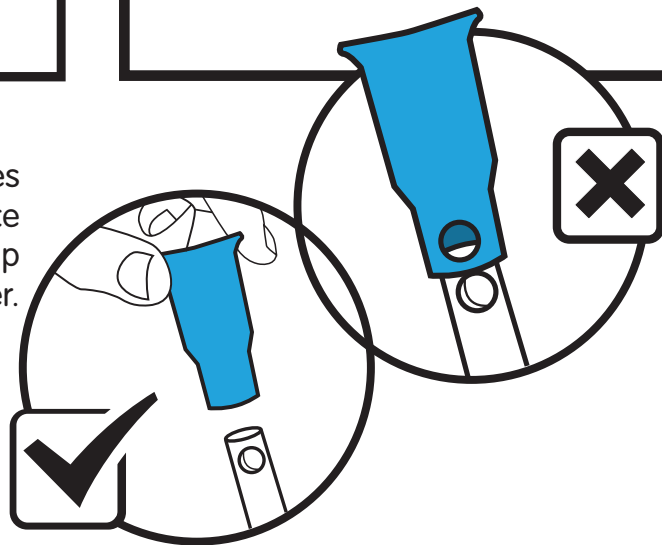


**2**

Place the lid on top, and insert the tubing through the lid so that the end of the tube rests on the base of the bottle.

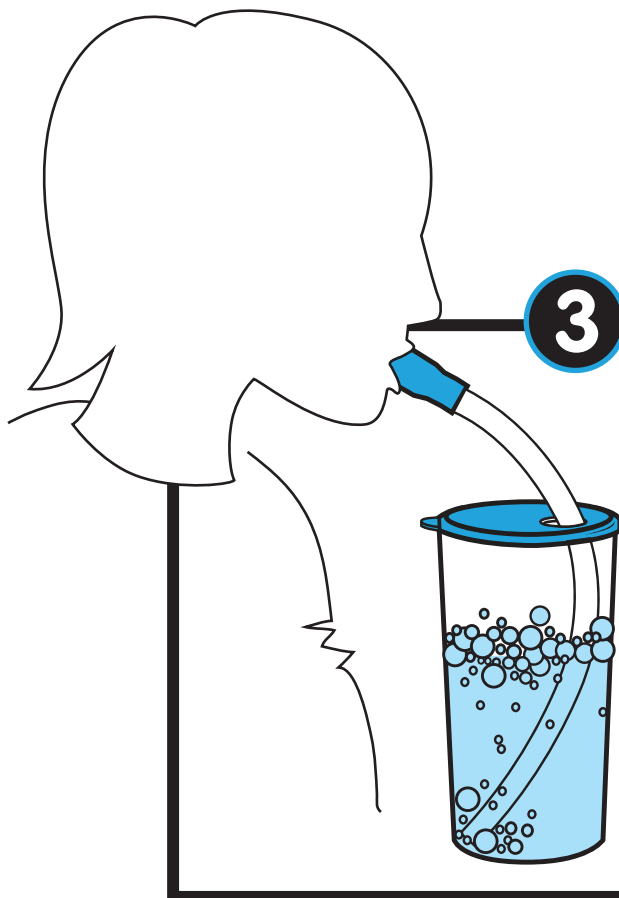


Make sure that the holes in the tubing and mouthpiece **DO NOT** line up or overlap with each other.



**3**

Breathe in, then place the mouthpiece in your mouth, and blow bubbles in the water for 5 seconds. Do this 10 times.



**4**

Cough or huff, then rest for 1-2 minutes.

**5**

Repeat Steps 3 and 4 one to two more times.

**6**

Perform this program three times a day.

Stop if you feel light-headed or dizzy. Change water between sessions, and wash Hydrapep daily. Hydrapep is dishwasher safe.

Please see the Instructions for Use for a complete guide to assembly, use, precautions and contraindications. Always read the label. Use only as directed. If symptoms persist, see your doctor or healthcare professional.

A Resolve  
Healthcare  
Product

**hydrapep**

[www.hydrapep.com.au](http://www.hydrapep.com.au)