



Please read this information carefully before using me. Do not throw this instruction for use away, it contains important information.

## CONTENT OF INSTRUCTIONS

1. USE ME FOR
2. HOW TO USE ME
3. BE CAREFUL WITH ME
4. MY INGREDIENTS
5. HOW TO STORE ME
6. MY CONTACT DETAILS

### 1. USE ME FOR

Hey you! I'm JUAN the anti-nail biter and together we are going to do this! I contains an invisible, non-shiny, topical, nail care formulation that effectively helps to break the habit of nail biting with only one application a day. I don't taste nice, because of the bitter Bitrex, but this is only going to help you.

Nail biting or onychophagia (Greek meaning 'nail-eater') is a relatively common habit that affects people of all ages. It is considered a chronic or compulsive habit due to possible anxiety, stress, insecurity and other. Studies show that 30% of the population bite their nails.

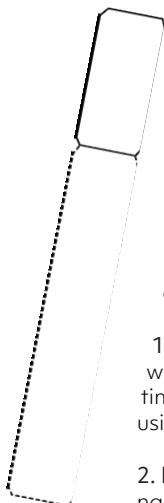
I'm going to effectively help you to break the habit of nail biting and thumb sucking with only one application a day. My bitter flavor, using the world bitterest substance Bitrex, discourages nail biting and thumb sucking. I'm an easy-to-use, invisible, non-glossy, topical brush-on pen.

### 2. HOW TO USE ME

To activate me, please turn the back of the pen (only when using for the first time) at least 15 times. Make sure my brush is soaked before using. I'm a handy pen and allow you to apply me easy, accurate and fast. Apply me to the edge of the nail, side of the nail, or on the cuticles, as needed. I contain the world's most bitter substance Bitrex, therefore, it's not needed to apply on the entire nail. I advise to use me for at least 21 consecutive days.

Why 21 days? I'm based on the 21-day 'change a habit' routine, which suggests that any habit can be broken within 21 days. I dry within seconds and will not wash off. My bitter taste will diminish gradually over a period of approximately 24 hours. I'm suitable to be used by children of three years and older.

1. **Get ready:** Turn the back of the pen (only when using me for the first time) at least 15 times. Make sure my brush is soaked before using.
2. **Press it:** Apply me to the edge of the nail, side of the nail, or on the cuticles, as needed. I advise you to use me for at least 21 consecutive days.
3. **Dry:** I dry within seconds and will not wash off. My bitter taste will diminish gradually over a period of approximately 24 hours.





### ⚠ 3. BE CAREFUL WITH ME

I'm a topical solution. If I accidentally enter your eye, rinse with plenty of clean water. Use by children younger than 12 years needs to be supervised. Do not use me under the age of 3 years old.

#### Allergies

In rare cases, irritation may occur (allergies to one of my ingredients), in which case we advise to stop using me and seek medical attention, if irritation persists.

#### Pregnancy and breastfeeding

There is no data available on using me in pregnant or breastfeeding women. I recommend your mom not to use me if she's pregnant or breastfeeding.

### 4. MY INGREDIENTS

Isopropyl alcohol, Aqua, Ethyl lactate, Hydroxypropylcellulose, Denatonium benzoate (Bitrex).

### 5. HOW TO STORE ME

Store me at room temperature. Do not use me after the expiry date. My expiry date is printed on my label and on the bottom of the packaging.

### 6. MY CONTACT DETAILS

All enquiries about me should be sent to the distributor. For more information about me, please visit [www.kidsner.com](http://www.kidsner.com).

#### Distributor

TheOTCLab

Paulus Potterstraat 20-III  
1071 DA Amsterdam  
The Netherlands  
[www.theotclab.com](http://www.theotclab.com)

#### Manufacturer

TheOTCLab

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1071 DA Amsterdam  
The Netherlands  
[www.theotclab.com](http://www.theotclab.com)

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