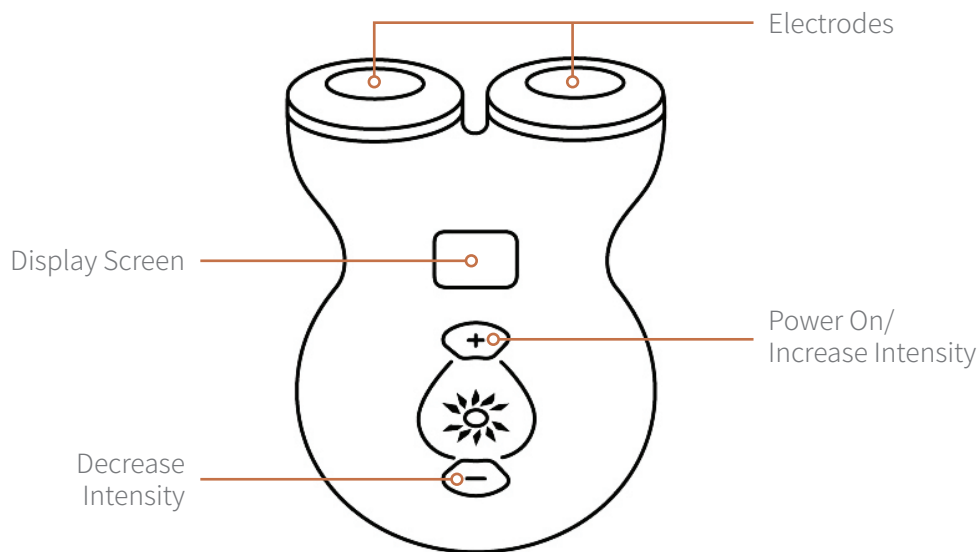


Get to know your **truvaga**™



Truvaga tips

Apply the right amount of gel—a generous pea-sized amount to each electrode will do.

Find the right intensity—the tingling sensation should be strong but comfortable, this can usually be felt between levels 15-25.

Make small adjustments, as needed—if you don't feel the lip pull or a strong tingling sensation when using Truvaga, make small adjustments to the placement on your neck until you do. It can make all the difference.

Truvaga support

800-642-2036

support@truvaga.com

[Truvaga.com/support](https://truvaga.com/support)

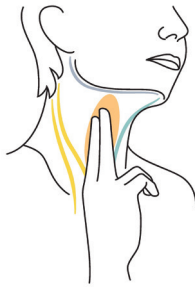


truvaga™ Quick Start Guide

Step 1

Find the application site

- Use 2 fingers to locate your pulse on either side of your neck
- The vagus nerve is located in the same area



Step 2

Prepare for use

- Remove the caps
- Apply a pea-sized amount of the gel provided (other gels will not work)
- Turn on Truvaga



Step 3

Start the session

- Place Truvaga over the application site
- Increase the intensity until you notice a slight muscle contraction at the corner of your mouth



Step 4

Complete the session

- Truvaga will automatically stop after the 2-minute session
- Remove from neck
- Clean off gel from your Truvaga and neck
- Replace caps and put away until next use

