

# BITENER®

## ANTI NAIL-BITE PEN

Please read insert carefully before using Bitener®. Do not throw this leaflet away.

### BITENER® – ONE BIT(E) AT A TIME

- Quick visible results
- Non-glossy
- Easy and precise application
- Apply once a day

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#### 1. WHAT IS NAIL BITING?

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.

#### 2. WHAT IS BITENER®?

Bitener® effectively helps to break the habit of nail biting with only one application a day. The bitter taste, using Bitrex, world's most bitter substance, discourages nail biting. Bitener® is an easy-to-use, invisible, non-glossy, topical brush-on pen.

#### 3. HOW TO USE BITENER®?

##### First time use:

Before using for the first time, the pen must be activated by turning the back of the pen at least 15 times. Make sure the brush is soaked before using.

Bitener® is a handy pen which allows you to apply Bitener® easily, accurately and quickly. Apply Bitener® to the edge of the nail, side of the nail, or on the cuticles, as needed. We use the world's most bitter substance Bitrex, therefore, it is not required to apply on the entire nail.

We advise to use Bitener® for at least 21 consecutive days. Bitener® is based on the 21-day 'change a habit' routine, which suggests that any habit should be broken within 21 days.

Bitener® dries within seconds, it will not wash off. The bitter taste will diminish gradually over a period of approximately 24 hours.

#### 4. CAN BITENER® BE USED TO STOP THUMB SUCKING?

Bitener® can be used to change the habit of thumb sucking. Apply a small quantity on the tip of the thumb nail. If supervised, Bitener® can be used on children from the age of three and older.

#### 5. CAN BITENER® BE USED TO STOP BITING OF CUTICLES?

Bitener® can be used to change the habit of biting cuticles. There is no need to apply the product on the cuticle. Applying Bitener® on the nail is sufficient.

#### 6. INGREDIENTS

One pen of 3ml Bitener® contains; ISOPROPYL ALCOHOL, AQUA, ETHYL LACTATE, HYDROXYPROPYL-CELLULOSE, DENATONIUM BENZOATE (BRITEX).

#### 7. USE BY CHILDREN OR ELDERLY PERSONS

Bitener® can be used on adults and children from the age of three and older. Use by children younger than 12 years needs to be supervised.

#### 8. PREGNANCY AND BREAST FEEDING

There is no data available on the use of Bitener® in pregnant or breastfeeding women. We recommend you do not use the product.

#### 9. WARNING

Bitener® is a topical solution. If product accidentally comes into contact with the eye, rinse with plenty of clean water. In rare cases, irritation may occur (allergies to one of the ingredients), in which case we advise to stop using Bitener® and seek medical attention, if irritation persists.

In case of using contact lenses. We advise to put your lenses in first before using Bitener®.

#### STORAGE

Store at room temperature. Do not use the product after the expiry date.

#### DISTRIBUTOR

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#### MANUFACTURER / RESPONSIBLE PERSON

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3ml e

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