

# 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 flavour, using the world bitterest substance Bitrex, discourages nail biting. Bitener® is an easy-to-use, invisible, non glossy, topical brush-on pen.

#### 3. HOW TO USE BITENER®?

##### First time use:

To activate the pen, please turn the back of the pen (only when using for the first time) at least 15 times. Make sure the brush is soaked before using.

Bitener® is a handy pen which allows you to apply Bitener® easy, accurate and fast. 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's not needed to apply on the entire nail.

We advise to use Bitener® for at least 21 consecutive days. Why 21 days? Bitener® is based on the 21-day 'change a habit' routine, which suggests that any habit can 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 little 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 CUTICLES CHEWING?

Bitener® can be used to change the habit of chewing 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; Aqua, Ethyl lactate, Hydroxypropylcellulose, Sodium benzoate, Denatonium benzoate, Potassium sorbate.

#### 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. PLEASE NOTE!

Bitener® is a topical solution. If product accidentally enters 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 first before using Bitener®.

#### STORAGE

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

#### DISTRIBUTOR

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