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## Get the **OXYGEN ADVANTAGE**

PLEASE READ BEFORE USE

### SCIENCE OF NOSE BREATHING

- Better breathing efficiency
- Maximal oxygen uptake
- Stronger respiratory muscles
- Faster recovery after exercise
- Less airway irritation/exercise-induced asthma

### MYOTAPE SPORT

- Adheres to the skin even through sweat
- Does not cover the mouth – easily communicate and hydrate
- Practice the OxygenAdvantage® technique

Visit [OxygenAdvantage.com](http://OxygenAdvantage.com)

For more information please write to: [info@MYOTAPE.com](mailto:info@MYOTAPE.com)

### DO NOT USE MYOTAPE IF YOU HAVE:

- Tummy upset or risk of vomiting
- Consumed alcohol or sedatives
- Severe nasal congestion,
- Serious heart condition or breathing problems

Not suitable for children under 4 years.

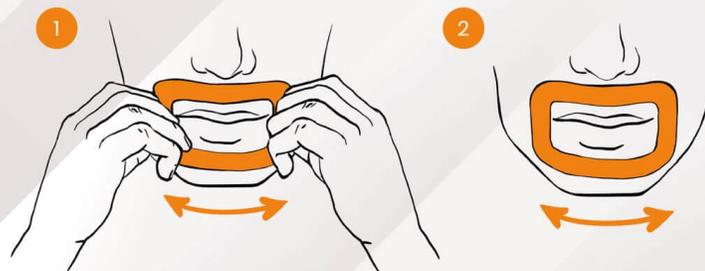
### INSTRUCTION:

MYOTAPE can be worn throughout training. Not suitable for swimming.

- Remove paper backing from MYOTAPE SPORT
- Gently stretch the tape by about 30%
- Bring your lips together
- Place the tape around the mouth
- Remove tape gently after use

For small nostrils or deviated septum, use MYOTAPE with NasalDilator ([NasalDilator.com](http://NasalDilator.com)).

### HOW TO USE



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