

INSTRUCTIONS FOR USE

The Sigrid gel should be taken two (2) times during the day. It should be taken with the 2 largest meals of the day. It should be taken in direct connection with the first bite of each respective meal, preferably after having chewed (if solid food) and swallowed the first bite of the meal.



See [stepwise instructions below](#).

Two (2) stick packs of gel each day

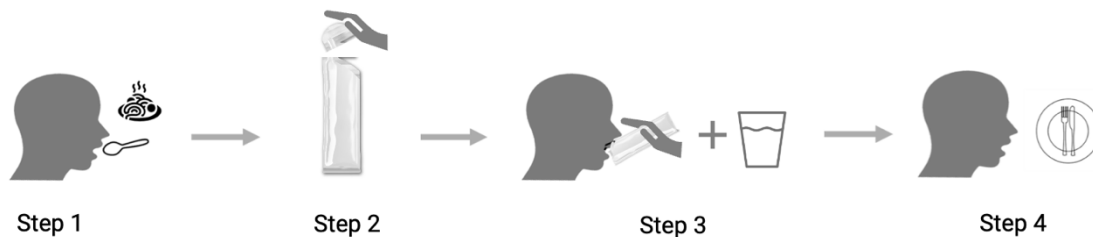
At the start of each of the two largest meals

Step 1: Start the meal (first bite)

Step 2: Tear open one stick pack without losing any gel

Step 3: Swallow the **whole** content by squeezing the stick pack directly into the mouth (see figure below). Make sure to squeeze out all the gel and check that the emptied stick pack is flattened/empty. Drink around 200 ml of water after taking the gel.

Step 4: Continue and finish the meal



Consume the whole Sigrid gel immediately after opening the stick pack to avoid drying and contamination.

With medications that are administered orally, use Sigrid gel **2 hours before or after taking any medication**.

If you forget to take Sigrid gel!

- ⚠ If you forget to take Sigrid gel **at the start of a meal**
→ Take it anytime during the meal
- ⚠ If you forget to take Sigrid gel **with a meal**
→ Take it as soon as possible after the meal
- ⚠ If you forget to take Sigrid gel after the meal
→ Take it in the next largest meal or snack time

STORAGE & SHELF LIFE

The Sigrid gel is stored at room temperature. Keep away from heat. Do not freeze. Once opened, the stick pack is to be consumed immediately. For each meal, open a new stick pack.