

How to Use Your Inhub Device

1. Open the device.



2. Slide the yellow lever down to the end of the purple arrows.
3. Blow out away from the device.
4. Tilt your head back slightly and sit up straight.



5. Seal lips around mouthpiece.
6. Breathe in quickly and deeply.
7. Hold your breath for up to 10 seconds.
8. Breathe out slowly.
9. Close Inhub device.
10. When you are done, rinse, gargle and spit.



Dose Counter:

- The number counter on the top of the Inhub will count down by one each time you use the device.
- When you have “9” doses left, the counter will turn red. It will read “0” when it is empty.
- When it is empty, you will not be able to slide the yellow lever to the end of the purple arrows.



Cleaning and Storage:

- Clean the mouthpiece of the Inhub with a dry cloth once a week.
- Never wash the device.
- Store in a cool dry place.