



## Patient Procedure Guide

Welcome to ZERONA® – the safe, new body contouring, low-level laser proven to remove fat and reduce inches without invasive surgery. There are no needles, no incisions, and no recovery time needed. ZERONA works by emulsifying adipose tissue which then releases into the interstitial space. The excess fat is then passed through the body during its normal course of detoxification.

### Your Treatments, Step-by-Step

ZERONA is six treatment sessions, administered over a two-week period of time. For added results, discuss additional ZERONA treatments with your physician.

ZERONA is a low-level laser that does not produce heat, it is completely non-invasive, and has never shown any recorded side effects. During the procedure, patients generally feel nothing.

1. Before your first treatment and after your last, your measurements will be taken and recorded. You can write your measurements on your ZERONA Patient Form to easily track your success.
2. Remove your clothes, leaving your undergarments or bathing suit on, and lay down on the table wearing the safety goggles. The technician will direct the ZERONA lasers at the target areas.
3. Each treatment is 40 minutes – 20 minutes laying on your back; and 20 minutes on your front.
4. For best results, it's critical to schedule your appointments every other day (three treatments a week) for two weeks.

### Achieve Your Maximum Success

By following these steps everyday, you will achieve the maximum results from ZERONA:

**Take CURVA™ supplements** – Begin one week before your treatments, and continue for one week after. CURVA is a proprietary blend of Niacin, L-Carnitine, Gingko Biloba, and Green Tea extract, scientifically designed to aid in the detoxification process. Niacin may make you feel flushed or warm

**Hydrate** – Drink eight 8 oz. glasses of water each day (2 liters).

**Walk** – Maintain your regular workout routine. If you do not workout, walk at least 10 minutes each day. If you don't work out, wear a compression garment such as Spanx or Under Armour.

**Watch your diet** – Eliminate alcohol completely, and reduce fat intake. This allows your kidneys, liver and lymphatic systems quickly purge the excess fat.

**Keep your appointments** – Keep to your scheduled treatments, with no more than three days between appointments. The fat tissue responds

## What You Can Expect

After completion of the two week protocol clinical trials resulted in an average of 3.64 inches lost; with some patients losing as much as 9 inches. Many patients do not see noticeable results until after the last session. Don't get discouraged and stay with the protocol. As with any procedure results will vary and may be more dramatic from one patient to the next.

About the Distributor: SBMI

SBMI is dedicated to bringing proven, innovative health and wellness products that are safe and effective to market. SBMI is the exclusive U.S. distributor of ZERONA non-invasive body contouring. For additional information, visit [www.SBMI.com](http://www.SBMI.com).

About the Manufacturer: ERCHONIA

Erchonia is the global leader in low level laser healthcare applications. Over the last 15 years Erchonia has been conducting research & development with the world's leading physicians to advance the science of low level lasers. Prior to market introduction, all Erchonia lasers are proven to be safe and effective through independent clinical trials. Currently thousands of Erchonia lasers are used daily to reduce body fat, eliminate pain, accelerate healing and treat acne. For additional information, visit [www.erschonia.com](http://www.erschonia.com).

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