INSTRUCTIONS FOR USE OF HYGIENE PRODUCTS

Thank you for purchasing our personal hygiene products. To ensure their effective and safe use, please read the guidance below.

1. Safety of use

- **Keep out of the reach of children:** Personal hygiene products should be stored out of the reach of small children to prevent accidental ingestion or contact with the skin or eyes.
- **Avoid contact with the eyes:** If a personal hygiene product, such as bath liquid or toothpaste, comes into contact with the eyes, rinse them immediately with plenty of water. If irritation persists, consult a doctor.
- **Use as intended:** Use personal hygiene products only for their intended purpose. Avoid using the products for any purposes other than those for which they are intended.

2. Use

- **Toothpastes:**
  - **Brushing teeth:** Apply a small amount of toothpaste (the size of a pea) to the toothbrush. Brush your teeth for at least 2 minutes, twice a day, preferably after meals and before going to bed. After brushing, rinse your mouth with water.
  - **Children's toothpaste:** Use toothpaste suitable for the child's age, with a lower fluoride content. Make sure that the child does not swallow the toothpaste and that they rinse their mouth thoroughly after brushing.
- **Bath liquids:**
  - **Bathing:** Pour an appropriate amount of bath liquid under a stream of warm water to create foam. Avoid using too much liquid so as not to dry out the skin. Relax in the bath for 10-20 minutes, then rinse your skin with clean water.
  - **Children's bath liquids:** Make sure that children's bath liquids are gentle and suitable for sensitive skin. Avoid products containing strong detergents or artificial colourings.
- **Shampoos and hair conditioners:**
  - **Washing hair:** Apply an appropriate amount of shampoo to wet hair, gently massaging the scalp and hair. Rinse thoroughly with water, then apply conditioner, leaving it on the hair for a few minutes before rinsing again.
  - **Specialist shampoos:** When using anti-dandruff or medicated shampoos, follow the recommendations on the packaging regarding frequency and duration of use.
- **Soaps and shower gels:**
  - **Washing the body:** Apply soap or shower gel to wet skin, spreading it evenly over the whole body. After washing, rinse the body thoroughly with water. Avoid prolonged contact with soap so as not to dry out the skin.
  - **Products for sensitive skin:** Choose soaps and shower gels suited to the needs of your skin. Hypoallergenic or fragrance-free products are ideal for people with sensitive skin.

3. Storage and care

- **Storage:** Store personal hygiene products in a dry, cool place, away from direct sunlight and moisture. Close the packaging tightly after each use to keep the products fresh and prevent the growth of bacteria.
- **Checking the expiry date:** Check the expiry dates of the products regularly. Avoid using personal hygiene products that are past their expiry date, as they may lose their properties or become ineffective.
- **Disposal:** Dispose of the packaging of used products in accordance with local recycling regulations. Avoid pouring leftover liquids down the drain unless this is recommended.

4. Final notes

- **Warranty:** Our personal hygiene products are covered by a quality warranty. If you find manufacturing defects or have any problems with the product, please contact our customer service department.
- **Environmental protection:** Choose personal hygiene products with biodegradable ingredients and recyclable packaging in order to minimise the impact on the environment.

Thank you for choosing our personal hygiene products. We hope that they will provide effective care and comfort, looking after your health and well-being.

MONDEX Anna i Jerzy Affek Spółka Jawna, with its registered office in Olsztyn (10-416) at ul. Towarowa 17, entered in the register of entrepreneurs kept by the District Court in Olsztyn, 8th Commercial Division of the National Court Register, under KRS number 0000005755, NIP: 7391010198.
Customer Service Department: support@mondex.pl