



Spatone Iron+ for better health from within

Iron is an essential nutrient for all women of childbearing age, yet much of the iron we get from food or other supplements is difficult for the body to absorb. That's why Sea-Band has made available Spatone Iron+, an all-natural spring water that contains 100% of your daily requirement of iron.

Spatone Iron+ comes in single packets that can be mixed with water or fruit juice. Because it is "in solution," Spatone Iron+ is absorbed in the body much more quickly and efficiently—up to 40% vs. only 5% to 20%—than with food or pill supplements. As a result, residual iron in the system is less likely to occur, which means fewer side effects commonly associated with manufactured iron supplements, such as constipation, stomach irritation, and headache. It is a safe, natural way to meet the increased need for iron during pregnancy.

Two easy ways to shop for Sea-Band products

To purchase our products—the Original Sea-Band acupressure wristbands, Femé Pads, Breast Soothers, Anti-Nausea Ginger Gum, and

Spatone Iron+—use one of these two easy methods:

1. Visit any one of the following local drugstores or supermarkets: Albertson's, Brooks, CVS, Eckerd, Long's, Meijer's, Osco, Rite Aid, Savon and most independent pharmacies.
2. Direct from us: Visit our online store at www.sea-band.com to conveniently place an order 24/7. Or call us at 401.841.5900, Monday–Friday, 8am–4pm EST. Standard shipping is free.

Save \$1 on Sea-Band®
 (see coupon for details)

©2004 Sea-Band International. All rights reserved.

in health

All-natural health solutions for women



WELCOME. Over the past 20 years, our mission at Sea-Band International has been to provide high-quality, all-natural personal health solutions for women. As part of our continuing commitment, we are pleased to introduce **in health**, a newsletter dedicated to the promotion of women's health through all-natural products.

We begin with news that the U.S. Food & Drug Administration (FDA) has cleared Sea-Band wristbands for the relief of nausea caused by morning sickness, motion sickness, chemotherapy, and post-operative nausea. Additionally, Sea-Band has been granted National Drug Codes (NDC) for its products so now they can be prescribed to patients and covered by insurance.

Next, learn about our new line of maternity care gel pads designed to ease the pain and discomfort of childbirth and breastfeeding.

We are also proud to announce the launch of Anti-Nausea Ginger Gum, for fast, convenient, and effective relief of morning sickness. And find out about Spatone Iron+, our highly "bio-available" iron supplement free from side effects. Finally, there's information on how and where to get Sea-Band products. And as an added bonus, we've included a book of 50 coupons, each good for \$1 off Sea-Band wristbands for your patients.

We hope you find **in health** to be a useful resource. Once again, welcome.

Sincerely,

Leonard Nihan

President, Sea-Band International



in this issue

- FDA clears the Original Sea-Band® for nausea relief
- Sea-Band products now available by prescription
- Two new products for all-natural maternity care
- Anti-Nausea Ginger Gum takes a bite out of morning sickness
- Spatone Iron+ for better health from within
- Two easy ways to shop for Sea-Band products

FDA clears the Original Sea-Band® for nausea relief



Earlier this year, the Original Sea-Band wristband reached a major medical milestone when it was cleared by the FDA for the relief of nausea caused by motion sickness, morning sickness, chemotherapy, and post-operative nausea.

A TURNING TIDE TOWARD NATURAL MEDICINE

The healing principle behind Sea-Band wristbands is the ancient Chinese art of acupressure. They work by exerting constant, gentle pressure on the Pericardium 6 (P6) acupressure point on the inner wrist, long known to relieve nausea. According to the National Center for Complementary and Alternative Medicine, this stimulation causes the nervous system to release chemicals that help trigger the body's natural healing abilities, as well as promote physical and emotional well-being.



“This is a big step for us—expanding distribution into the hospital, medical professional market,” says Sea-Band President, Leonard Nihan. “Before, doctors could only recommend our products to patients. Now they can actually prescribe them, which means more people will benefit.”

Two new products for all-natural maternity care

No one ever said childbirth was easy, but for millions of new moms, the lingering pain caused by perineal tearing, stitches, bruising, and other irritations can turn the weeks after baby arrives from joyful to painful. Add to this the discomfort of sore breasts and there's no wonder we've coined the term “super mom.”

Now Sea-Band International is pleased to offer Femé Pad® and Breast Soother, two new maternity care gel pad products that address these very personal, yet very real health issues.

FEMÉ PADS BRING COOL, CUSHIONING RELIEF

The Femé Pad was specifically designed by a midwife to give instant relief from the pain of perineal trauma. The comfortable, cushiony gel pad can be frozen to provide cooling, localized treatment that eases pain while helping to accelerate the healing process. Best of all, Femé Pads are drug free, non-invasive, and 100% safe for both mother and baby.

Each Femé Pad kit includes two gel pads—one to wear and one to keep in the freezer—and 10 disposable sanitary gauze sleeves (packs of 30 extra sleeves are also available).

BREAST SOOTHERS EASE THE DISCOMFORT OF BREASTFEEDING

Breastfeeding can be a profound bonding experience, but for many new moms, it isn't as easy as it looks. And with all the joy comes a whole new set of challenges—from helping baby learn to latch-on to coping with sore and tender breasts.

Our Breast Soother is a soft, flexible, cone-shaped gel pad that can be cooled or warmed to provide relief from the symptoms of engorgement, blocked milk ducts and mastitis – without interfering with lactation. Breast Soothers ease discomfort, enabling moms to continue breastfeeding and deliver the essential nutrients



and passive immunity that help their babies thrive. The pads are comfortable and can be worn discreetly inside a maternity bra.

Both Femé Pads and Breast Soothers are easy to use and clean—simply wash with warm soapy water. For more information, call 401.841.5900.



Anti-Nausea Ginger Gum takes a bite out of morning sickness

With an estimated 80% of pregnant women experiencing morning sickness during their pregnancy, the need for safe, effective, drug-free nausea relief is critical. That's why Sea-Band International is pleased to unveil the newest addition in its line of all-natural remedies: Anti-Nausea Ginger Gum.

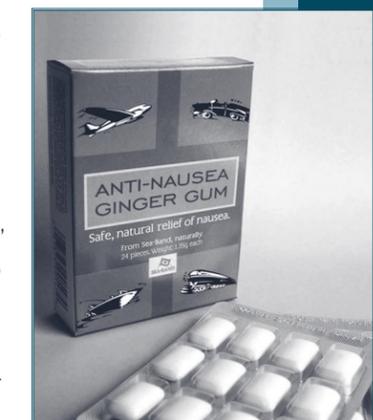
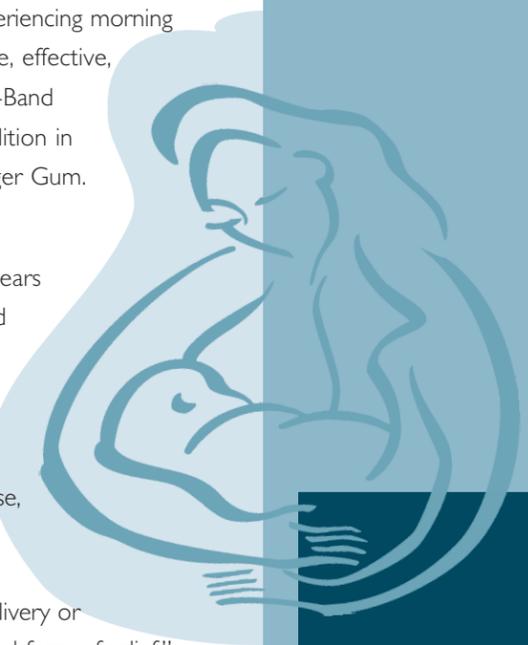
ANCIENT CHINESE SECRET

Ginger has been used in Asia for thousands of years to soothe the discomfort of nausea, vomiting, and indigestion amongst other things. More than a delicious spice, it is a serious medicinal herb with strong, yet safe healing properties.

Taking ginger via a chewing gum makes good sense, according to Sea-Band President, Leonard Nihan, “The gum utilizes one of the quickest ways of releasing an agent into the system—sublingual delivery or administering under the tongue—making it an ideal form of relief.” He explains, “The act of chewing the gum also helps the beneficial effects of the ginger to be felt sooner since chewing results in a slight increase in the production of saliva, which acts as a natural mechanism to alleviate nausea.”

POWERFUL RESULTS—NATURALLY

With a fresh, uplifting flavor, Sea-Band's Anti-Nausea Ginger Gum provides fast relief from nausea with no side effects. Used in moderation, it is an ideal nausea remedy for pregnant women, people suffering from motion sickness, and it is even safe for children. For more information or to purchase online, go to www.sea-band.com or call 401.841.5900.



“What makes our FDA clearance so significant is the acceptance of the mounting scientific evidence supporting the effectiveness of acupressure for the relief of nausea.”

— Leonard Nihan, President of Sea-Band International

A SMART, SAFE, AND COST-EFFECTIVE ALTERNATIVE

While nausea remains a common problem—especially for pregnant women, chemotherapy and post-operative patients, as well as those suffering from motion sickness—Sea-Bands provide effective, drug-free relief with none of the side effects often associated with anti-nausea medications, such as drowsiness, disorientation, dry mouth, or drug interactions.

In addition, “Studies have shown that by alleviating nausea, Sea-Bands can effectively reduce healthcare costs,” says David Seamans, M.D., Mayo Clinic, Scottsdale, AZ. “Patients are more likely to go home if they are not experiencing nausea, thus shortening hospital stays. Plus, fewer anti-emetic drugs are administered and there are fewer unplanned admissions related to nausea and vomiting following out-patient procedures.”

In most cases, nausea is reduced within five minutes after applying Sea-Bands, and they may be used before or after the onset of nausea for effective relief. For a bibliography of clinical studies, go to http://www.sea-band.com/references_usa.htm.

Sea-Band products now available by prescription

Sea-Band International has received NDCs for all of its products. Now healthcare practitioners can prescribe Sea-Band products for their patients and the NDC enables the pharmacy to properly bill the insurance company, just like any other prescription drug.