

*Vibra*LITE can help with HYPOGLYCEMIA:

Having episodes of Hypoglycemia (low blood sugar) is a very unpleasant experience and potentially dangerous. Avoiding these occurrences is certainly worth a little effort. Help is available by using the “VibraLITE” vibration alarm watch with auto repeat countdown timer. Vibrations on your wrist alert you to Check Blood Glucose levels and eat regularly. Often Hypoglycemia can occur unexpectedly during extended periods of physical activity. Use the “VibraLITE” watch to remind you during these times to check your Blood Glucose Levels more frequently and also to have snacks as needed. Snacks are particularly important for some people during physical activity or exercising. After an episode of Hypoglycemia that you have temporarily corrected by intake of sugar the “VibraLITE” can remind you to recheck your blood sugar level in 10 minutes. Hypoglycemia can happen also during sleep with some persons. Let the “VibraLITE” watch be your wake up call to check your sugar level. This attractive watch gives you confidential reminders as often as needed.

Set the Countdown Timer for the required amount of time (i.e. 3 hours) and the Vibrations on the wrist will alert you that it is time to eat. The Auto-Repeat Feature on the Countdown Timer on “VibraLITE 3” and “VibraLITE 8” will automatically reset and countdown for the preset time each time it reaches zero. These “interval” reminders are preset once and continue to repeat until you turn the countdown OFF with a push of a button. The Countdown Timer on “VibraLITE 3” and on “VibraLITE 8” will provide you with a short one-second reminder at 10 minutes and again at 5 minutes before zero. This little silent reminder is very often helpful. On “VibraLITE 8” the user can set this reminder feature to ON or OFF as you prefer.

Should you need to test your sugar several times per day you won't forget with “VibraLITE” alarms. Preset the reminders (i.e. before meals, 1-2 hours after meals, Bedtime) and you are always alerted. On “VibraLITE 8” you can preset up to 8 alarms for these and various other daily reminders. (i.e. Medications or daily tasks) These alarms will alert you each day at your preset times. Alarms can be turned ON or OFF easily in the Option Mode when wanted. On “VibraLITE 3” you can preset 2 alarms for variable reminders.

Set the hourly alert feature if you want a quick reminder that is a short -1 second Vibration that will repeat every hour on the hour.

As Exercise is a very important part of weight control and overall health, “VibraLITE” will help you get started and follow through. Set an alarm to get you going. It is proven that doing your exercise at the same time daily is a sure way to condition yourself to getting it done. Use the Countdown Timer to time your exercise routine (i.e. 30 minutes or 60 minutes)

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