

Application Recommendations for the BIOS Stimulation Blanket

WELLNESS & REGENERATION

WHEN	PROGRAM	DURATION	INFO
MORNING	Vitalize	30 minutes	Positively affects blood circulation
NOON	Regenerate	30 minutes	For circulation-muscle-metabolism
AFTERNOON	Calm	30 minutes	Nerve soothing; improves brain performance
EVENING	Relax	30 minutes	Muscle and nerve relaxation
AFTER EVERY EXERCISE	Vitalize	30 minutes	Positively affects blood circulation

TRAINING & COMPETITION

WHEN	PROGRAM	DURATION	INFO
PRIOR TO WARMING UP	Activate	30 minutes	Increases blood circulation
TO STABILIZE BLOOD CIRCULATION	Vitalize	30 minutes	Stabilizes blood circulation
PRIOR TO PADDOCK	Regenerate	30 minutes	30 minutes before saddling up
AFTER COMPETITION RIDING	Regenerate	30 minutes	
EVENINGS	Calm	30 minutes	

ACUTE INJURIES

(IN CONSULTATION WITH A VETERINARIAN)

WHEN	PROGRAM	DURATION	INFO
Day 1	Calm	30 minutes	1 to 2 x daily
Day 1	Regenerate	30 minutes	2 to 3 x daily
Day 3 - MORNINGS	Vitalize	30 minutes	1 to 2 x daily
Day 3 - AFTERNOON	Regenerate	30 minutes	1 to 2 x daily
DAY 4: AS DAY 3	Calm	30 minutes	

INFO: Always use the BIOS Stimulation Blanket together with the throat and neck applicator, never individually.