FREE STARTER GUIDE

The X39 Patch Starter Guide

What it is, how people wear it, and what to know before you try it.



PRESENTED BY

Vibrant Living Experience

Questions? Talk to Brent. (435) 252-9865

WHY YOU'RE READING THIS

Does your kitchen counter look like *a pharmacy?*

A vitamin in the morning. Something for your joints. Something for the afternoon slump. One more to help you wind down at night.

It adds up fast. Before long, you spend more time managing pills than living your life. We call it **pill fatigue**. It costs money. It takes time. And it is easy to forget a step.

At the same time, you still want to stay active. You want to wake up feeling fresh, move with ease, and bounce back after a hard day.

So here is a fair question: **what if there was a simpler way to support your body's own daily recovery?** No pills to swallow. No powders to mix. Just a small patch you put on in the morning.

The pill routine



- ✕ Many bottles to keep track of
- ✕ Easy to forget
- ✕ The cost never stops

The X39 routine



- ✓ One small patch
- ✓ Goes on in the morning
- ✓ Takes just a few seconds

Quick check before you read on

1. How many things do you take each day to feel your best?
2. How well is that working for you right now?
3. What would it mean to you if your routine got simpler?

This guide is a plain look at the X39 patch from a company called LifeWave. It is not a miracle story. It shows what the patch is, how people wear it, and what the research does and does not show.

Have a question as you read? Call Brent.
He is happy to talk it through. No pressure.

(435) 252-9865

CHAPTER 1

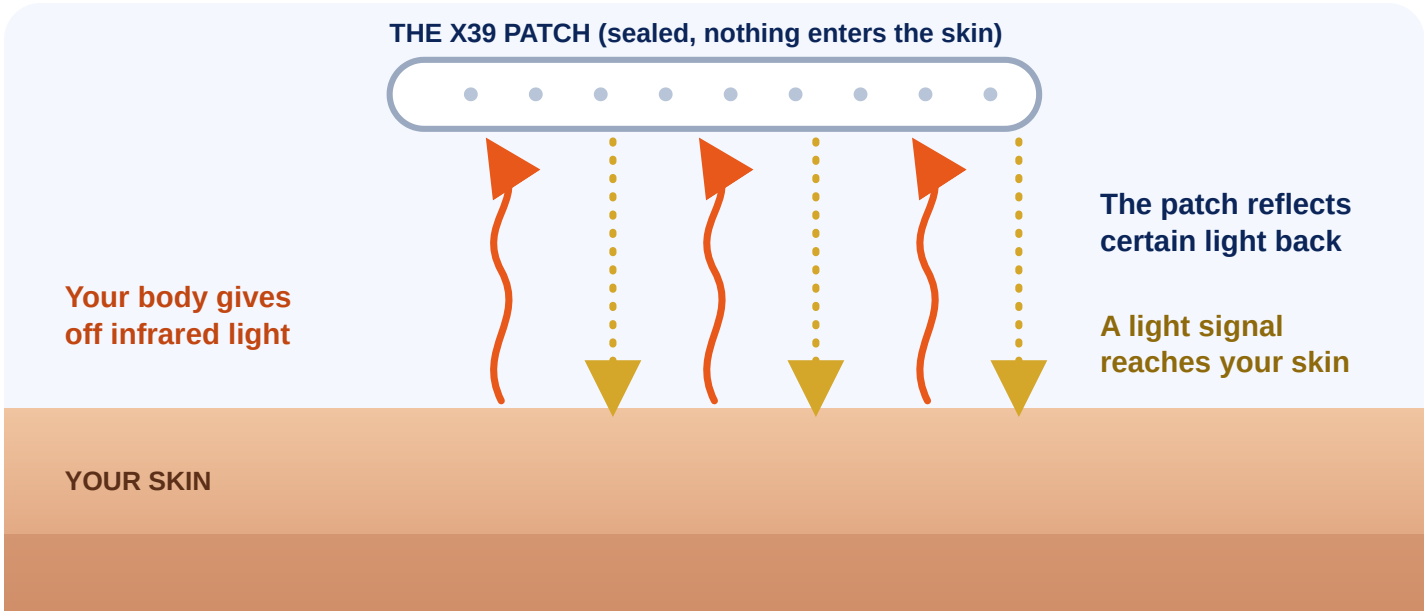
How it works: *light, not drugs*

To understand the X39 patch, start with what it is **not**.

Many patches you may know are called **transdermal**. They hold a drug, like nicotine or a hormone, that soaks through your skin and into your blood.

The X39 is different. LifeWave calls it **non-transdermal**. The patch is sealed, so nothing in it goes into your skin. It has no drugs and no stimulants.

So what does it do? Your body gives off heat as infrared light. LifeWave says the crystals inside the patch reflect certain light back toward your skin. This idea is called **photobiomodulation**. That is a big word for using light as a signal.



Think of sunshine

Sun on your skin does not hand you vitamin D. The light is a **signal**, and your body makes its own. LifeWave's idea is similar: light as a signal, not a substance.

LifeWave's research has looked at a small protein your body makes, called **GHK-Cu** (a copper peptide). Levels of it go down as we age. Chapter 3 shows what the studies found.

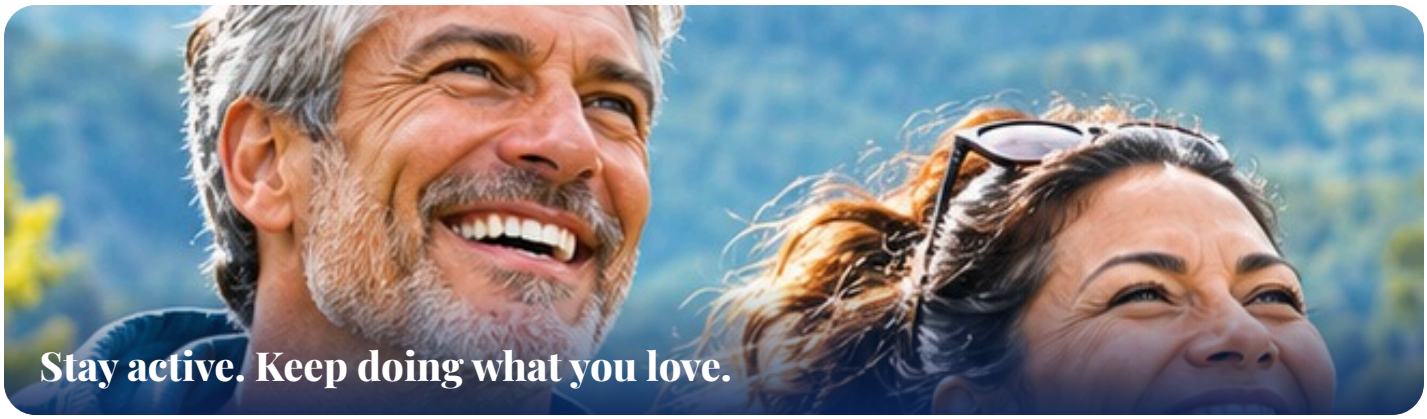
Want it explained in plain English?
Call Brent. He will answer your questions.

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CHAPTER 2

Three things most people *want back*

After 40, many people feel it. Recovery takes longer. Sleep gets lighter. Energy goes up and down. These three are tied together. The X39 is designed to **support** your body's natural processes in each one.



Recovery

Lift, walk, garden or golf, your muscles and joints need good recovery. The patch is designed to support the cell activity behind everyday recovery.

Sleep

Deep sleep is when the body resets. Instead of a sleep aid that leaves you foggy, the idea here is to support your body's own rhythm.

Energy

Coffee and sugar give a spike, then a crash. The X39 aims at steadier everyday energy by supporting how your cells work, not by adding a stimulant.

Fair note: results vary from person to person. Some people notice a change. Some do not.

Which one matters most to you?

1. Recovery, sleep or energy: which one would you fix first?
2. How long has it been that way?
3. What has it cost you so far?

Tell Brent which one it is.
He will tell you honestly if the X39 may be a fit.

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CHAPTER 3

The research: *what we know*

Anyone can make a claim. So let's look at facts. LifeWave started in **2004**, more than 20 years ago. The X39 uses patented technology. Here are two published studies on it.

2004 — LifeWave starts

2020 — Early pilot study

2021 — Two studies, double-blind

Today — More research still needed

STUDY 1 · COPPER PEPTIDE

60 adults

Who: ages about 40 to 80, randomly split into two groups. Double-blind, so nobody knew who had what.

How: patch worn 8 to 12 hours a day for one week.

Looked at: blood levels of GHK-Cu.

Found: from day 2 to day 7, levels went up in the patch group and down in the control group. The authors called that difference significant.

Internal Medicine Research Open Journal, 2021

STUDY 2 · AMINO ACIDS AND MEMORY

50 adults

Who: ages 40 to 81, average age 63. Randomized and double-blind, with a control group.

How: patch worn 8 to 12 hours a day for one week.

Looked at: amino acids in urine, a short-term memory test, and sleep and vitality surveys.

Found: the authors reported more of 8 amino acids and better short-term memory scores. Sleep and vitality results were less clear-cut.

Intl. Journal of Research Studies in Medical and Health Sciences, 2021

Fair warning

Both studies were small and lasted one week. LifeWave paid for the second one. The authors themselves say longer studies are needed. This is **early evidence, not a guarantee**. The X39 is sold as a general wellness product, and it is not meant to diagnose, treat, cure or prevent any disease.

A study cannot tell you how the patch works for **you**. A real conversation is a better place to start.

Got questions about the research?
Call Brent. Ask anything.

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THE BIGGER PICTURE

What most people *miss*

When people want more energy, better sleep or less stiffness, almost everyone does the same thing. They look for something to **add**.

A stronger supplement. A new pill. One more product to buy. The thinking is simple: if the body is struggling, it must be missing something.

LifeWave sees it differently. Your body already knows how to recover, sleep and make energy. The problem, they say, may be that the signals get weaker as we age. The X39 is meant to act like a **signal booster**: your own light, reflected back to your skin, to support what your body already does.

You do not have to buy that idea today. You only have to ask one honest question:

> **If I keep adding things and still feel the same, is it time to try a different angle?**

Think about it for a minute

1. What have you already tried to feel better?
2. What happened when you tried it?
3. If nothing changes in the next 90 days, what will that cost you?
4. What would you do with more energy and better sleep?

One important note

If your doctor gave you medicine, keep taking it unless your doctor tells you otherwise. This guide is about everyday wellness. It does not replace medical care.

You have spent years taking care of everyone else.
You have earned a routine that is simple and works with your day.

Take the first step. It is just a call.
Brent will listen first, then tell you what he thinks.

(435) 252-9865

GETTING STARTED

How people *wear it*

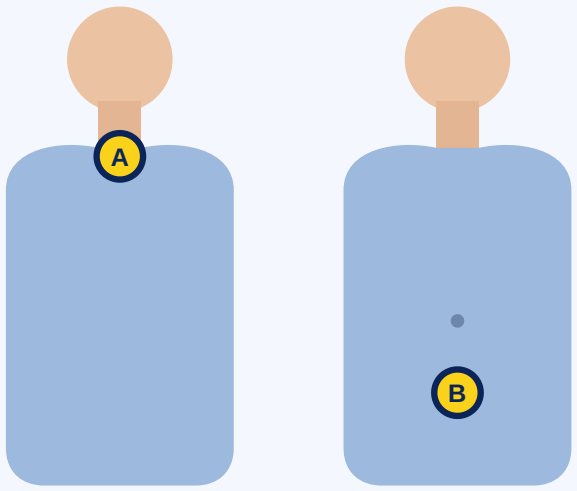
It takes a few seconds a day. No lifestyle overhaul. Here is the routine in LifeWave's instructions.

1 **Start with clean, dry skin**
Morning is the usual time.

2 **Put on one patch**
Use one of the two spots shown here. Your pack also has a sheet that shows them.

3 **Wear it up to 12 hours**
Then take it off and throw it away. Each patch is single use.

4 **Drink plenty of water**
LifeWave's instructions say to stay well hydrated.



Base of the neck
(first bump of the spine)

About 2 inches below
the belly button

Pick one spot, A or B.

Not sure about timing or placement?

That is normal. Brent can walk you through it, step by step, so you feel sure before you start. Ask him about showering, workouts and how to fit it into your day.

Your skin comes first

As with any sticky patch, some people get red or itchy skin. If that happens, take the patch off and call Brent.

Want someone to show you how?
One short call. Brent will do it with you.

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STRAIGHT ANSWERS

Questions people *ask first*

Is it a drug?

No. LifeWave describes the X39 as drug-free and stimulant-free. The patch is sealed, so nothing in it goes into your skin.

Has the FDA approved it?

No. It is not an FDA-approved drug or medical treatment. It is sold as a general wellness product, and the FDA has not evaluated these statements.

Can I use it with my medicine?

This guide cannot answer that for you. Ask your doctor first, especially if you are pregnant or have a health condition.

How soon will I notice something?

It varies a lot. Some people notice a change, others do not. The studies in this guide each lasted one week.

Are there side effects?

In the second study, two people had headaches. Both had a history of migraines, and the study's review board did not link them to the patch. Skin redness from the adhesive can happen with any patch.

Is the research proof?

No. It is early evidence from small, short studies, and LifeWave paid for at least one of them. That is why we want you to ask questions before you decide.

What does it cost, and how do I start?

Brent will go over your options on a call. There is no pressure, and you can ask about anything.

Still have a question? Ask Brent. That is what he is here for.

Call or email Brent.
brent@vle.life

(435) 252-9865

YOUR NEXT STEP

Call Brent. *Let's talk it through.*

You now know what the X39 is, how people wear it, and what the research does and does not show. The next step is a simple conversation.

CALL BRENT NOW

(435) 252-9865

Rather pick a time?

Scan the code or visit the link to book a call that fits your day.

vibrantlivingexperience.life/call

Or email: **brent@vle.life**

1. Brent listens
He asks what you want to feel better and move easier.

2. You ask away
About the patch, the research, anything on your mind.

3. You decide
If it fits, he shows you how to start. If not, no pressure.

Small steps add up. One call could be the start of a simpler, more energetic you.

ABOUT US

About *Vibrant Living Experience*

We help active adults 40 and up feel their best, with better recovery, better sleep and steadier energy. We look for simple tools, not piles of pills.

We believe your body is built to take care of itself, and sometimes it just needs the right support. We work with wellness technology like LifeWave, and we are here to answer your questions honestly, one call at a time.

Talk to Brent

Phone: (435) 252-9865

Email: brent@vle.life

Book a call: vibrantlivingexperience.life/call

Important information. This guide is for education only. It is not medical advice. Talk with your doctor before you start any new wellness product, and keep taking any medicine your doctor has prescribed.

These statements have not been evaluated by the Food and Drug Administration. The LifeWave X39 patch is not intended to diagnose, treat, cure or prevent any disease or medical condition. Individual results vary.

About the research. Study details come from: Connor C.A., Connor M.H., et al., "Double-Blind Testing of the LifeWave X39 Patch to Determine GHK-Cu Production Levels," *Internal Medicine Research Open Journal* 6(1), 2021; and Connor M.H., et al., "Phototherapy Induced Metabolism Change Produced by the LifeWave X39 Non-transdermal Patch," *International Journal of Research Studies in Medical and Health Sciences* 6(5), 2021. Both studies were small and short. The second was funded by LifeWave. LifeWave was founded in 2004.

X39® and LifeWave® are trademarks of LifeWave, Inc. Information in this guide is current as of November 2026.

Ready when you are.
One call. No pressure.

(435) 252-9865