

## EMS FAQs

### **Does it work?**

YES! Slendertone EMS toning products will strengthen and tone your muscles as clinically demonstrated in several trials - the most recent of which was carried out by Dr. John Porcari at the University of Wisconsin. On average, participants in that trial showed a 25% increase in abdominal strength.

### **Will it hurt?**

NO! But you do want to ensure that you are working your muscles and feel the "Slendertone Sensation"! When you first put on the product and turn it on, you are at the lowest setting. As you increase the intensity (to level 25 and beyond), the sensation goes from a tingly feel, to a distinct muscle contraction and relaxed state. These feelings will alternate. It feels like you are tightening/flexing and then releasing/relaxing your muscles. This is good - because feeling the muscles work lets you know that the product is doing what it is supposed to! It is very important to strive for this distinct feeling, to ensure that you get a full workout. All Slendertone units have 99 intensity levels - so you can customize your workout to your own fitness level.

As you advance, your muscles will get stronger and firmer, and you will get accustomed to the feel of muscle conditioning. Be sure to periodically increase the intensity to always feel the Slendertone Sensation!

### **What is EMS and how does it work?**

EMS is Electrical Muscle Stimulation - Electrical messages are sent from the Slendertone garment through the medical-grade GelPads to the nerves that control your muscles, causing the muscles to contract and relax.

### **Are there any ill-effects from using EMS stimulation over long periods of time?**

The FDA have cleared all Slendertone EMS products for sale in the US as Class II medical devices and they are safe and effective for their intended purpose (muscle conditioning or strengthening and toning).

The long-term effects of EMS muscle stimulation are not known, however, this type of technology has been used by Physical therapists and doctors all over the world for over 40 years.