SUN PROTECT™
OCCUPATIONAL & CLINICAL SUN SAFETY

Reapply timer

Tick each time you apply SPF 50. Every 2 hours, and after sweating or towel-drying.

- ☐ Start
- ☐ + 2 h
- ☐ + 4 h
- ☐ + 6 h
- ☐ After a swim or sweat
- ☐ After towelling

Time I applied: _____ · _____ · _____

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HOW TO APPLY

A teaspoon per area

1. Apply 15 minutes before you go out.
2. About a teaspoon for the face, ears and neck, and one for each arm and each leg.
3. Do not miss the ears, the back of the neck and the backs of the hands.
4. Reapply every 2 hours and after sweating heavily or towel-drying.



Seek shade · Slip on a shirt · Slap on a hat · Slop on SPF 50 · Slide on sunglasses

Directions, warnings and batch check
sp.healthbrands.co.za/use
SPF 50 broad spectrum (UVA/UVB)