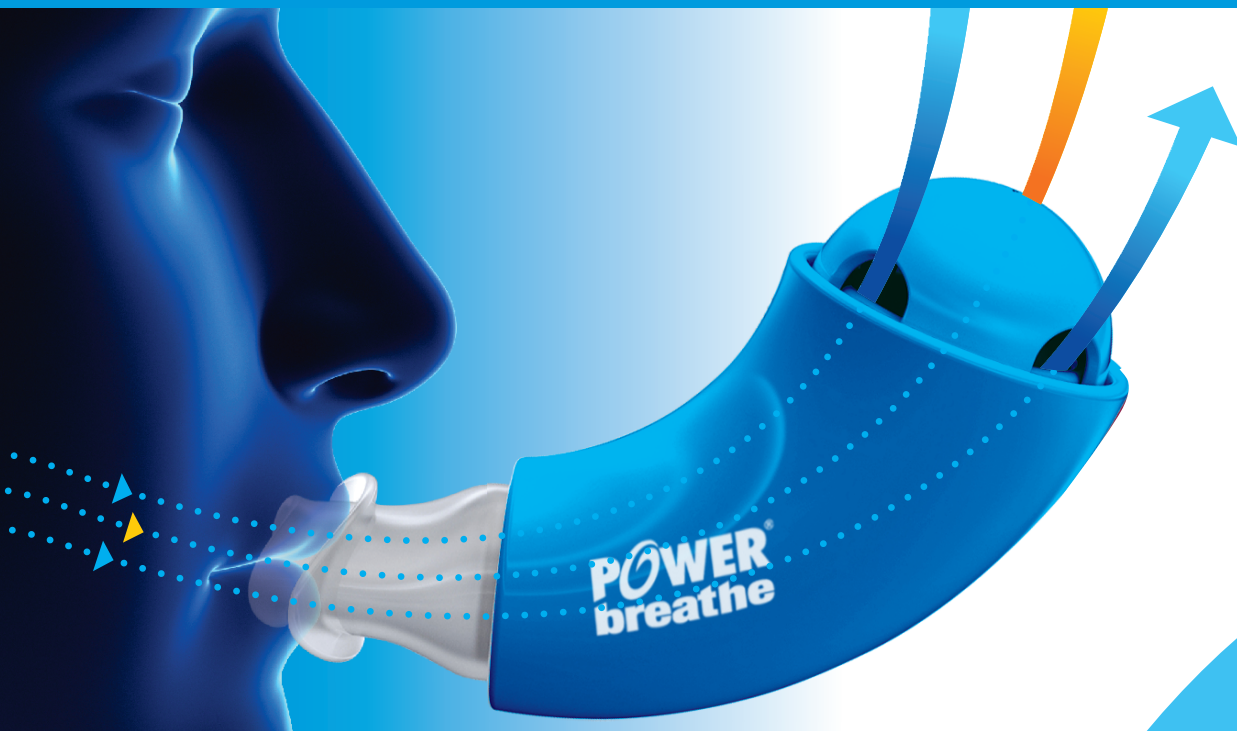
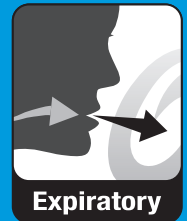


POWERbreathe® Shaker®

Simple relief from excessive mucus
and its associated problems



Revolutionise respiratory health and
enhance quality of life with POWERbreathe
Better Breathing Products

Compatible with

POWERbreathe®

Smart Adaptor

Excluding Shaker Classic





Mucus Clearance

Mucus clearance is very important for people with conditions such as pulmonary fibrosis, bronchiectasis and cystic fibrosis, because phlegm contains virus and dead bacteria.

Phlegm is a specific type of mucus that originates in your lungs and throat. Coughing up phlegm is a symptom of infections like the flu and common cold. Most of the time, coughing up phlegm isn't a cause for concern. It helps clear irritants and infections from your lungs. But if you cough up phlegm when you're not feeling sick, it could mean you have a more serious underlying health condition.

Drug-Free Alternative

An expectorant, a type of cough medicine, helps thin and loosen mucus in the lungs, making it easier to cough up the mucus. You can also help your body to break up phlegm by loosening it with the POWERbreathe Shaker device; an effective, safe and drug-free alternative to medicinal expectorants.

POWERbreathe Shaker Products

These hand-held, drug-free OPEP (oscillatory positive expiratory pressure) devices "shake" the phlegm in your chest to make it more mobile. The shaking breaks the secretions down and makes it easier for you to cough it up.

Studies have shown that OPEP devices help clear excess mucus in the airways and also improve breathing.

"the gravity-dependent devices were the ones to display close mechanical performances and produce optimal operational parameters at the simulated exhalation settings."

European Respiratory Journal, 2018

Shaker is ideal for 'shaking' loose mucus and catarrh that is associated with seasonal symptoms and:

- Chronic Bronchitis
- COPD
- Bronchiectasis
- Emphysema
- Asthma
- Cystic Fibrosis





For individual use only



For individual use only



Autoclavable for multi-person use



For individual use only



For individual use only

Shaker Deluxe

- Aids expectoration improving lung function, and helping to reduce breathlessness and fatigue
- Suitable for healthy people with seasonal symptoms, such as a chesty cough, flu or bronchitis, as well as, those with chronic conditions

Shaker Deluxe Light

- Clears the airways to reduce the chances of developing lung infections and damage
- Lighter resistance suitable for weaker users with chronic conditions such as COPD, asthma and emphysema

Shaker Medic Plus

- Can be sterilised in an autoclave for multi-person use, making it ideal for clinical settings
- Comes with 2 different size balls providing 2 different resistances
- Can be used by people with chronic conditions such as COPD, cystic fibrosis, bronchiectasis and bronchitis

Shaker Deluxe Kids

- Ergonomic and simple to use, requiring no assembly
- Can be used by children who suffer from seasonal symptoms or chronic conditions
- Includes a child friendly user manual and a pack of stickers

Shaker Classic

- Offers simple and convenient relief from excessive mucus
- Can be used for chronic conditions such as COPD, asthma, emphysema and acute problems like chesty coughs, flu and bronchitis

All Shaker models include two designs of patient friendly mouthpieces except the Shaker Classic.

"Bought this item for my elderly Mum, who has had a right mid lobectomy and resultant COPD. This product is great as it has helped her to practice deep breathing exercises and I'm sure it will also reduce the amount of chest infections she has. I am a nurse and decided to buy this product as it has helped one of my clients."

Jacqueline

The Shaker range has different levels of frequency and pressure to suite different users.

Higher pressures (in cmH₂O) require greater efforts.

Always follow the recommendation of your health professional!

MINIMUM EFFORT REQUIRED (Measured in cmH₂O):

Shaker Medic Plus	4 ●	8 ●
Shaker Deluxe	11 ●	
Shaker Deluxe Light	8 ●	
Shaker Deluxe Kids	8 ●	
Shaker Classic	9 ●	

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www.powerbreathe.com



Coming soon:

Upgrade and digitalise your breathing training - POWERbreathe Shaker Deluxe, Deluxe Light, Deluxe Kids and Medic Plus models will be compatible with the POWERbreathe Smart Adaptor & connect to the ActiBreathe® App via Bluetooth®



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Visit powerbreathe.com
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