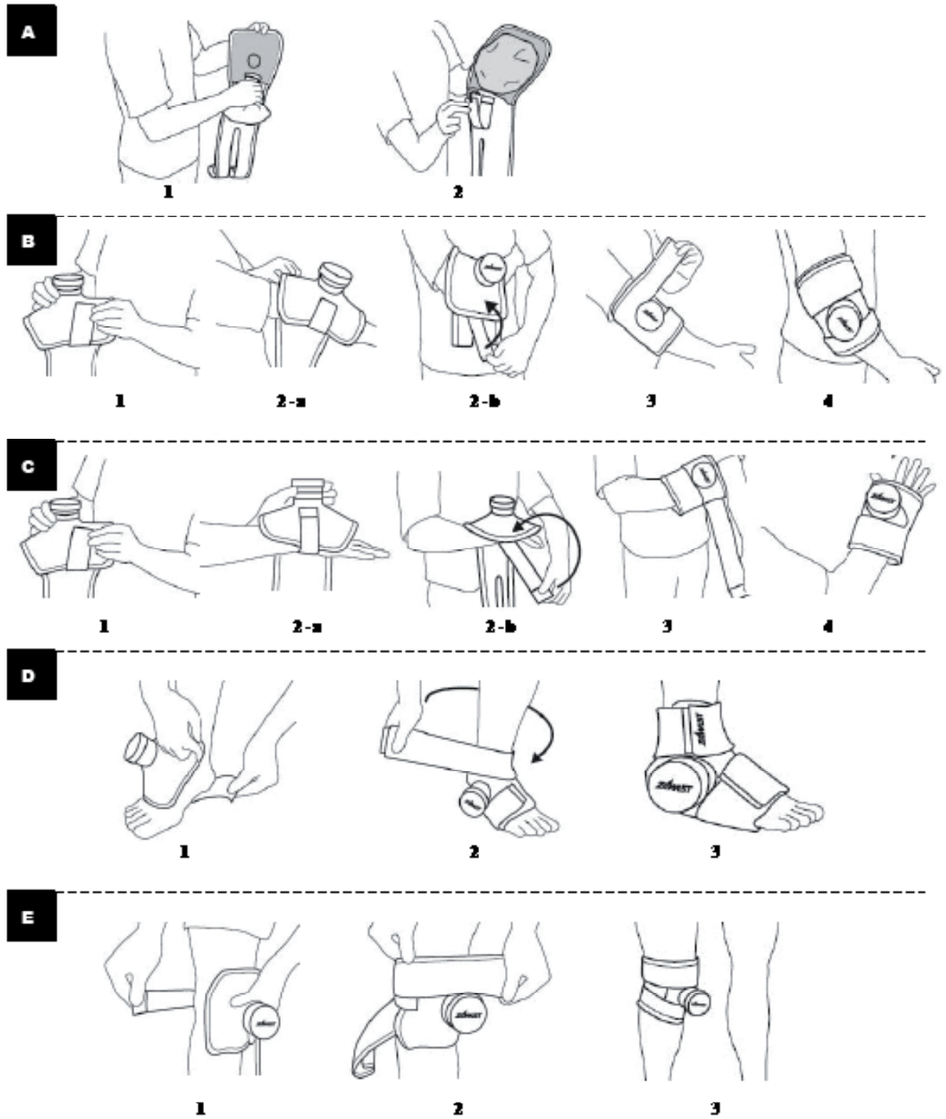

ZAMST IW-1
INSTRUCTIONS FOR USE

Please read through the following instructions completely before using the product.

Intended use: Hold Zamst Ice Bag in place on elbow, wrist, ankle, knee, thigh or calf

Do not use this product in the following cases:

- This product contains natural rubber latex, which may cause allergic reactions. If you are allergic to latex, do not use the product. Latex may cause allergic reactions such as itchy skin, redness, rash, swelling, fever, difficulty breathing, asthma-like symptoms, decrease in blood pressure and shock. If such symptoms occur, discontinue use and consult with a physician immediately.
- If you have abnormal conditions such as cuts, fractures, numbness, swelling or rash in the area where product is used.

Safety precautions:

- If you experience pain, swelling, skin irritation, discomfort or any other abnormal reaction while using this product, discontinue use and consult with a physician.
- If your skin is sensitive or you have allergies, you may develop a rash or allergic reactions while using the product. If such symptoms occur, discontinue use and consult a physician.
- If the product is broken or worn or if the hook-and-loop fastener does not work, do not use the product.
- Do not overly tighten or create excessive compression with the product.It may interfere with blood circulation.
- Do not apply an ice-filled ice bag to the body for an extended period. It may cause frostbite
- If you have nerve damage caused by conditions such as diabetes, limb paralysis or another disorder at the location to be iced, consult a medical professional before use. If an adverse reaction were to occur, you may not be able to feel it.
- Do not use on body parts other than those parts indicated in these instructions for use.
- If the product shifts out of place or becomes too loose, re-apply the product starting with the first step described in the "How to apply" instructions.
- Do not modify or repair the product. The product may lose its effectiveness and/or cause injuries.

To prevent product damage:

- The product may become discolored by perspiration or other liquids. The product's dye may bleed onto clothing worn under or near the product.
- Make sure that the hook-and-loop fasteners do not touch fabric. They may damage fabric.

How to apply:

*The illustrations are for right elbow/wrist/ankle/knee. The product is not designed specifically for use on the right or left, so application is the same for the left elbow/wrist/ankle/knee.

A) How to insert ice bag
   1. Put the ice bag in the mesh pocket. Insert the cap of the ice bag into the hole.
   2. The inner strap near the mesh pocket is used to easily hold the bag in position. If you are not using it, fold it in half and fasten the hook.

B) How to apply to elbow
   1. Make a loop by fastening the hook on the inner strap.
   2-a. Insert hand into the loop. Slide the product up to the elbow.
   2-b. If you have difficulty inserting your hand into the loop, place the product on the arm first and then fasten the hook on the inner strap.
   3 Wrap the product around the elbow, positioning the straps on either side of the ice bag cap. Fasten the hooks.
   4. Product properly applied.

C) How to apply to wrist
   1. Make a loop by fastening the hook on the inner strap.
   2-a. Insert hand into the loop. Position the product on the wrist.
   2-b. If you have difficulty inserting your hand into the loop, place the product on the arm first and then fasten the hook on the inner strap.
   3 Wrap the product around the wrist, positioning the straps on either side of the ice bag cap. Fasten the hooks.
   4. Product properly applied.

D) How to apply to ankle
   1. Place the product on the ankle. Fasten the hook on the inner strap.
   2. Wrap the product around the ankle, positioning the straps on either side of the ice bag cap. Fasten the hooks.
   3. Product properly applied.

E) How to apply to knee, thigh or calf
   *The illustrations are for knee application. Apply to thigh and calf in the same way.
   1. Place the product on the knee. Fasten the hook on the inner strap.
   2. Wrap the product around the knee, positioning the straps on either side of the ice bag cap. Fasten the hook.
   3. Product properly applied.

How to wash:

- Hand wash with mild detergent and air dry.
- Do not place in dryer. Do not dry clean or iron. Do not use products containing chlorine, including bleach. These may damage the product.
- The product's dye may bleed. Do not wash with whites or bright colors.

Composition: Polyurethane foam, nylon, polyester, polyurethane, rubber (contains latex) and rayon