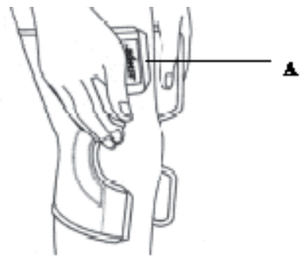


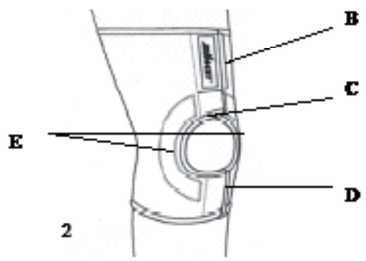


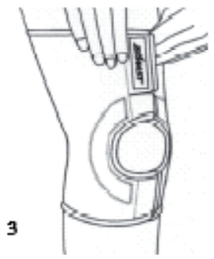


**ZAMST MK-1/MK-3 KNEE SUPPORT**
**INSTRUCTIONS FOR USE**

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

**Intended use:** Knee joint protection and compression. Kneecap stability. Medial/lateral stability for knee joint (MK-3).
*This product is not for medical treatment.
*This product is for knee support; however, it will not prevent all knee injuries.

**Do not use this product in the following cases:**
- 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 with a physician.
- Do not use the product while sleeping. If the product shifts to an abnormal position or is used for extended periods while sleeping, it may interfere with blood circulation.
- If the body part is compressed for extended periods, blood circulation may be adversely affected or you may experience discomfort. To avoid such conditions, it is recommended that you remove and re-apply the product at regular intervals.
- If the product is broken or worn or if the hook-and-loop fastener does not work, do not use the product.
- Make sure that you use the correct size. (Refer to the size chart on the package and size tag inside the product.)
- Do not pull the strap too tight or create excessive compression with the support.
- 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.
- Do not burn this product. The smoke may be harmful to your health.

**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 the mesh material used on the back part of the product or other fabric. The fasteners may damage these materials.

**How to apply:**
*Illustrations are for the right knee. (The product is not designed specifically for use on the right or left.)
1. Wrap the support around the knee from behind. The product logo (A) should be on top. (Illustration 1)
2. Pull together and fasten the two lower hook-and-loop fasteners (C and D) so that the patella cushions (E) on both sides cover the kneecap and the product is positioned correctly. Fasten the final hook-and-loop fastener (B). (Illustration 2)
3. If necessary, adjust the position of the hook-and-loop fasteners for appropriate compression. (Illustration 3)

**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:**
MK-1: Nylon, polyurethane, chloroprene rubber and polyester
MK-3: Nylon, polyurethane, chloroprene rubber, polyester and acrylic rubber