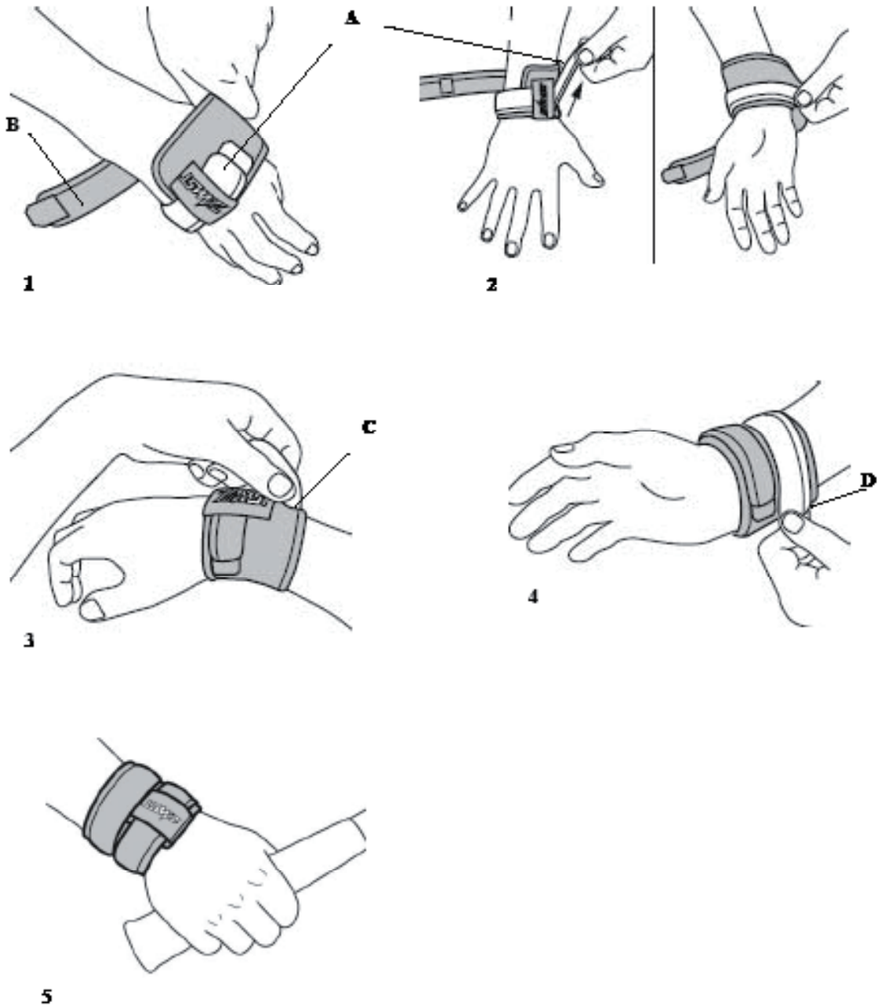

ZAMST WRIST BAND
INSTRUCTIONS FOR USE

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

Intended use: Wrist compression
*This product is not for medical treatment.
*This product is for wrist support; however, it will not prevent all wrist injuries.

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 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.

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:
*Illustrations are for the right wrist. The product is not designed specifically for use on the right or left, so application is the same for the left wrist.
1. Pass the strap (A) through the loop bearing the product logo. Slide the band up on the hand. One strap (A) is closer to the fingers and another strap (B) is closer to the elbow. (Illustration 1)
2. With your palm opened, pull up and tighten the strap closer to your fingers (A). When you obtain the appropriate compression, fasten the strap (A). (Illustration 2)
3. Pull the strap closer to the elbow (B) and fasten the hook (C) in the middle of the strap (B). (Illustration 3)
4. Fasten the hook (D) at the end of the strap (B). (Illustration 4)
5. Product properly fastened. (Illustration 5)

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: Polyester, polyurethane, nylon and rubber (contains latex)