

RAPID RELIEF BACK

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THANK YOU FOR YOUR PURCHASE OF COPPER FIT

Copper Fit's Rapid Relief Back features a wrap that holds a Hot / Cold Gel pack or a Lumbar Support in an interior pouch. Hot / Cold Therapy helps reduce muscle, joint pain and Inflammation. The Lumbar Support helps stabilize your core, improve posture and reduces lower back stresses and strains. Copper Fit's Rapid Relief Back is designed to conform to your lower back, letting you move about freely while administering Lumbar Support or Hot / Cold Therapy. Read instructions thoroughly before using the Copper Fit Rapid Relief Back and the Hot/Cold Gel pack or Lumbar Support. Visit www.clickit.ca for the full collection.

CAUTION:

Wash before first time use. Compression garments can cause heat rash or other skin conditions, especially when hot and sweaty. Copper Fit should provide compression, but should not be so tight that it restricts circulation. Do not place Rapid Relief Wraps in freezer, microwave or hot water; only gel pack. Do not wear the Rapid Relief Wrap with both Hot / Cold Gel pack and Lumbar Support at the same time

NEOPRENE: Product contains synthetic rubber Neoprene (polychloroprene). **Do not** use if you experience an allergic reaction to Neoprene. **Discontinue use** and consult a physician if you experience pain, swelling rash, or any of the above symptoms.

RAPID RELIEF WRAP CARE AND MAINTENANCE:

- HAND WASH IN COLD WATER • AIR DRY • DO NOT BLEACH • DO NOT IRON
- DO NOT DRY CLEAN • DO NOT TUMBLE DRY

The gel pack should be used in 20 minute intervals. Applying the gel pack for longer than the suggested time is not recommended.

TO USE COLD:

Place the gel pack flat in the freezer for at least 2 hours prior to use. Moisture in the gel pack will cause frosting. Gel will remain cold even after frost is no longer visible.

TO USE HEATED:

HOT WATER METHOD:

CAUTION: NEVER TOUCH THE GEL PACK WITH BARE HANDS WHEN SUBMERGING/RETRIEVING FROM HOT WATER. Use an appropriate tool such as a wooden spoon. Carefully submerge the gel pack into a bowl of hot water for 20-30 seconds. Using the tool, carefully remove the gel pack from the bowl and place onto a towel. If you find the gel pack is not at your desired temperature, carefully submerge the gel pack for an additional 10 seconds at a time until desired temperature is reached.

MICROWAVE METHOD:

Wrap your gel pack with a damp cloth or paper towel. Lay flat in the microwave and heat as follows:

Suggested Heating Times	800 Watts	1000 Watts	1200 Watts
	40 Seconds	30 Seconds	20 Seconds

If you find the gel pack is not at the desired temperature, flip over the gel pack and microwave an additional 10 seconds until desired temperature is reached. **DO NOT** exceed 2 (two) 10 second additional cycles. Heating the gel pack beyond the advised time is not recommended. **WARNING!** Gel pack and towel will be hot when removing from the microwave. **WARNING!** At no time should the gel pack be in use if it exceeds 49°C (120°F)

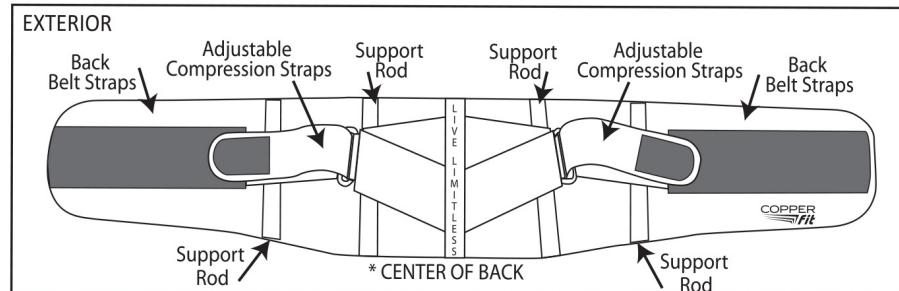
CAUTION: This product can cause burns or frostbite. **DO NOT** place gel pack directly on skin. **DO NOT** use on infants, children or those unable to remove the product. Consult a physician prior to use if you have diabetes, poor circulation, rheumatoid arthritis or other chronic conditions. **DO NOT** use if you are pregnant. **DO NOT** use on sensitive skin or insensitive (numb) skin or on an open wound. **DO NOT** wear while sleeping. **DO NOT** swallow gel. **DO NOT** open gel pack and discontinue use if gel pack is punctured, leaking or damaged in any way. **DO NOT** place any heavy objects or extra pressure on top of the gel pack. If irritation or discomfort occurs, remove product immediately. Stop use and consult a physician if pain worsens or persists for more than 3 days. **KEEP OUT OF REACH OF CHILDREN AND PETS**

CARE: Gel pack surface can be cleaned with mild soap, detergent or alcohol.

LIMITATION OF LIABILITY

Liability limited to the purchase price of this product. Supertek Canada Inc. shall not be liable for any incidental or consequential damages or any implied warranty on this product.

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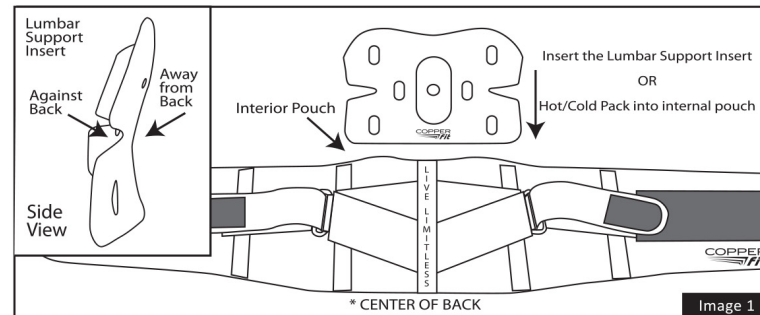


How to Use Lumbar Support

When placing the lumbar support insert into the back belt, be sure the side with the Copper Fit Logo is facing down. The side with the Copper Fit logo is facing out and away from back with the flat edge facing down - Image 1. When the Lumbar Support is placed in the internal pouch, refer to side view image for lumbar placement against your back.

How to Use the Hot / Cold pack

Prepare Hot/Cold gel packs according to directions printed on pack. Insert Hot / Cold Gel pack into the pouch - refer to Interior images.



HOW TO USE:

1. Detach Adjustable Straps from both sides of Rapid Relief Back.
2. Place Rapid Relief Back on your waist with the center* on your lower back - Image 2
3. Secure Rapid Relief Back with right end overlapping left end - Image 3
4. Grab Adjustable Straps and gently pull straps forward - Image 4
5. Secure Adjustable Straps against the front of Rapid Relief Back - Image 5

