BIOS living™

360° Cold/Hot Gel Sleeve

PM206/PM207/PM208/PM209

Please refer to the size and measurement guide to determine your correct size:

Size	Small	Medium	Large	X-large
Circumference	8"-12" (20-30 cm)	12"-15" (30-38 cm)	15"-19" (38-48 cm)	19"-22" (48-55 cm)
Target Area	wrist, forearm, elbow, arm, ankle	wrist, forearm, elbow, arm, ankle, knee, calf	elbow, arm, knee, calf	thigh, hamstring, knee

Freezing Instructions:

Place the gel sleeve into the plastic bag supplied and place it into freezer for a minimum of 2 hours. Once your gel sleeve is cold, take it out of the bag and slip it on your treatment area. Your ice sleeve may be left in the freezer indefinitely until ready for use. Wear the gel sleeve for a maximum of 20 minutes. We also recommend you consult your physician if the pain continues.

Cold use: Provides cold therapy to manage pain, inflammation and swelling.

Heating Instructions:

Remove the gel sleeve from the supplied bag and microwave for 30 seconds and test for comfort. If sleeve is not hot enough, reheat for additional 10 seconds. **DO NOT** heat more than a total of 60 seconds. Sleeve should be warm, not hot. If it's too hot for comfort, allow it to cool until a comfortable temperature is reached. Wear it on your treatment area for approximately 20 minutes. Always keep it in its supplied bag after use.

Hot use: Provides heat therapy for temporary relief of minor muscular and joint aches and pains associated with overexertion, strains, sprains, and arthritis.

Benefits/Features:

- The stretchable, single-piece, form-fitting design of this reusable sleeve is soft and comfortable
- The sleeve comfortably molds to the shape of your wrist, elbow, arm, knee, or calf, offering full coverage relief without restricting movement
- Special formulated leak proof gel

Care Instructions:

Use damp cloth to wipe down. Lay flat and air dry. Do not wash, do not bleach, do not dry clean, do not iron.

⚠ Warnings:

- For the time of use of cold or hot therapy, Doctors recommend using a gel pack for a maximum of 20 minutes. Wait at least 20 minutes or until your skin has returned to normal temperature before applying again.
- Always test the products temperature, gel packs can cause burns or frostbite.
- Not intended for use by people with diabetes, poor circulation or sensitive skin, or in the presence of infection. Always consult a medical professional for advice about treatment of injuries or irritation. If discomfort or pain persists or increases, discontinue use and consult a physician.
- **DO NOT** use on people who cannot remove the product on their own, including infants, children, elderly or anyone incapable of following instructions. Keep out of reach from children and pets.

Material:

Outer fabric: 83% nylon, 17% spandex

Inner gel: 26% water, 60% glycerol, 14% acrylamide

IMPORTANT: Always keep your ice sleeve in its supplied protective plastic bag.

1 Year Warranty

The BIOS Living™ 360° Cold/Hot Sleeve has a 1 year limited warranty to be free of manufacturing defects in materials and workmanship under normal applications for 1 year of the original owner. If this product becomes inoperable due to defect, return the product with all component pieces and proof of purchase to the address listed below. This warranty does not cover any shipping/transport costs. This warranty does not apply if the product is subject to misuse, neglect, rough handling or damage.

Ship the unit prepaid and insured (at owners option) to:

Thermor Ltd.
Attn: Returns Department
16975 Leslie Street
Newmarket, ON L3Y 9A1
www.biosmedical.com
Telephone : 1-800-387-8520
Email: support@biosmedical.com

Paper
Papier

BIOS | Medical
MANUFACTURED BY/FABRIQUÉ PAR :
THERMOR LTD.
16975 LESLIE STREET
NEWMARKET, ON L3Y 9A1
MADE IN CHINA/FABRIQUÉ EN CHINE
WWW.BIOSMEDICAL.COM
100% Canadian Owned & Operated
Propriétaire-exploitant canadien à 100 %