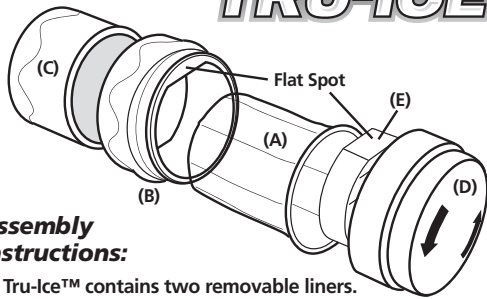


**ACU-LIFE®**

**TRU-ICE™**



**Assembly Instructions:**

1. Tru-Ice™ contains two removable liners. Prior to first use, remove one liner and store in a safe location in case the other liner is lost or damaged.
2. Insert the liner (A) into the collar (B).
3. Fill with water up to the fill line.
4. Snap the collar (B) with the liner into the base (C).
5. Place the cap (D) on top of the collar (B) and position the plunger (E) inside the plastic liner (A) by lining up the flat spots on the plunger (E) and collar (B). (If the plunger needs to be lowered to position into the liner turn counter-clockwise). Turn the collar (B) counter-clockwise until tight while holding the cap (D) in place – be careful not to over-tighten.
6. Turn the cap (D) clockwise until tight – do not over-tighten.
7. Place Tru-Ice™ in the freezer for a minimum of 4 hours.



Rev. 111507

**Directions For Use:**

- Apply Tru-Ice™ in small circles all over the affected area. Constant movement is critical to achieve maximum benefit and prevent ice burn.
- Avoid areas where the bone is close to the skin such as the knee cap, point of the elbow or bony portion of the spine.
- As the ice melts be careful to turn the cap (D) counter clockwise. This will force the ice down to maintain contact against the liner (A).

**Caution:** Do not use in excess of 5-7 minutes. Do not keep Tru-Ice™ in the same location – constant movement is needed to prevent ice burn.

Ice Massage therapy can be repeated 2-3 times per day if needed.

**Note:** During use, the plunger (E) may become separated from the threaded shaft. This feature alerts the user that the Tru-Ice™ may have already been used in excess of 7 minutes.

**Also Try...**

**For Carpal Tunnel,  
Wrist Sprains,  
Strains, Arthritis  
& Tendonitis:**



**For Ankles,  
Elbows and Knees:**

**THERAPY  
BRACE**

**For Stiff, Strained  
or Aching Backs:**

**BACK  
THERAPY  
BRACE**



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