

“Surprising Supporter”

User's Manual

【How to Use】 ※ The side with the tag is the reverse side.

☆ If you have any **physical discomfort**, Please use the product with the **"tag" facing inward** in order to release the dirt that has accumulated on your body over the years.

For the time being, please use the product not only during the daytime, but also while sleeping at night.

[**caution !**] ☆ Some people may experience a temporary **increase in pain when they first start using** it, but it will eventually but eventually the feeling will disappear naturally.

For people who

- ★ **Cold**, painful hands and feet
- ★ **Legs feel heavy** in the evening
- ★ **legs cramp** at night
- ★ **Prevention** of sports fatigue
- ★ Work that is hard on the **wrists**
(Beautician / Esthetician / Shiatsu practitioner / Osteopath etc.)
- ★ **Throat** (tan and cough)

In a situation like this

- ◎ **Sports** (golf/tennis/hiking, etc.)
- ◎ **Long time computer**
- ◎ **Standing or sitting** for long periods of time

【At the ankle】



【On the wrist】



【on the soles of one's feet】



【around the neck】



※ We recommend using it with ankles, especially for those who **suffer from coldness in the lower half of the body.**

• Especially when the throat (tan and cough) is difficult to control.
• When you have a cold

【*Cautions for use!*】

- △ The supporter should be wrapped lightly, **"not too tight"**.
(Tightening it too tightly will reduce the flow of ch'i throughout the body.)
- △ Supporters must be used **"in sets of two"** on the left and right ankles or wrists.
(Using only one side of the body may cause an imbalance in the flow of ch'i between the left and right sides of the body.)
- △ If you feel **"itching"** when wearing it directly on your skin, it is because the flow of ch'i is too strong at once, so be sure to wear it over underwear, clothing, socks, etc.
- △ When used around the **"neck,"** it should not be used for more than **6 hours** in a row. (due to possible turnaround)
- △ Some people may experience temporary **stiffness or pain** in the shoulders when they first **start using the product,** However, this feeling usually disappears after a while.

However, if the pain persists, temporarily stop using it and try again after 8 hours or more.

△ The **color fades** slightly with washing, but the effect remains almost the same.

★ Since the **effects of negative ions and far-infrared rays gradually diminish**, we recommend **replacing them approximately once every two years**.