








Choose the right IcePower



Condition	Cold Spray	Instant Cold or Cold Pack	Cold Gel	Plus MSM Cold Gel	HOT Gel	Sport Spray	Arthro creme
							
ICE POWER							
Sprain, strain or rupture	For first aid; Spray max. 5 sec at a time, at 30 sec intervals	For first aid or when needed	Apply every 3-6 hours, for a period of 1-14 days		For prevention	For first aid with light traumas, otherwise use as Cold Gel	
Haemorrhage, bruise	For first aid; Spray max. 5 sec at a time, at 30 sec intervals	For first aid or when needed.	Apply every 3-6 hours, for a period of 1-7 days			For first aid with light traumas, otherwise use as Cold Gel	
Neck, shoulder, or back pain, sciatica		In acute phase together with Cold Gel for 1-3 days	Symptomatic use every 3-6 hours; also for continuous use	Symptomatic use every 3-6 hours; specially for prolonged pain	For treatment of prolonged pain after Cold Gel	Use as Cold Gel	
Tennis elbow, golfer's wrist, tendinitis		In acute phase together with Cold Gel for 1-3 days	Apply every 3-6 hours, for a period of 1-14 days	Apply every 3-6 hours, for a period of 1-14 days		Use as Cold Gel or together with an elastic bandage	
Arthritis, arthrosis, rheumatic pain			Symptomatic use every 3-6 hours; also for continuous use	Symptomatic use every 3-6 hours; specially for continuous use	For treatment of prolonged pain after Cold Gel		Massage in 1-2 times a day for at least one month; also for continuous use.
Fracture		For first aid	Use when needed to reduce swelling			Use when needed to reduce swelling	
Minor burns, sunburns	For first aid; Spray max. 5 sec at a time, at 30 sec intervals	For first aid	Use as Sport Spray			For first aid, also for treatment every 3 -6 hours	
Stress pain, muscle tensions and growing pain			Symptomatic use every 3-6 hours; also for continuous use	Symptomatic use every 3-6 hours; specially for prolonged pain. Not recommended to use for children		Symptomatic use every 3-6 hours; also for continuous use	