

Choose the right Ice Power



Condition	Cold Gel	Cold Creme	Plus MSM Cold Gel	Sport Spray	Cold Spray	Instant Cold or Cold Pack	Arthro Creme - for joints	Hot Warm Gel	Kids
Sprain, strain or rupture	Apply every 3-6 hours for a period of 1-14 days			First aid for minor injuries, otherwise use as Ice Power Cold Gel	For first aid: Spray max. 5 sec at a time, at 30 sec intervals	For first aid or as required, continue with Ice Power Cold Gel if necessary		For prevention	Apply 3-4 times a day or as required
Haemorrhage, bruise	Apply every 3-6 hours for a period of 1-14 days			First aid for minor injuries, otherwise use as Ice Power Cold Gel	For first aid: Spray max. 5 sec at a time, at 30 sec intervals	For first aid or as required, continue with Ice Power Cold Gel if necessary			First aid for minor injuries, symptomatic use 3-4 times a day
Neck, shoulder, or back pain, sciatica	 Symptomatic use every 3-6 hours; also for continuous use	Symptomatic use several times a day or as required; also for continuous use	Symptomatic use every 3-6 hours, especially for prolonged pain	Use as Ice Power Cold Gel		In acute phase together with Ice Power Cold Gel for 1-3 days		For prolonged pain after period of cold treatment with Ice Power Cold Gel	
Tennis elbow, golfer's wrist, tendonitis	Apply every 3-6 hours for a period of 1-14 days, apply also as required	Apply several times a day for a period of 1-14 days, or as required	Apply every 3-6 hours for a period of 1-14 days, or as required	Use as Ice Power Cold Gel or together with an elastic bandage		In acute phase together with Ice Power Cold Gel for 1-3 days			
Arthritis, arthrosis, rheumatic pain	Symptomatic use to relieve pain and reduce swelling	Symptomatic use several times a day, especially for continuous use	Symptomatic use every 3-6 hours, especially for continuous use			Symptomatic use to relieve pain and reduce swelling	Massage in 1-2 times a day for at least one month; also for continuous use.	For prolonged pain after period of cold treatment with Ice Power Cold Gel	
Fracture	Apply as required to reduce swelling			Apply as required to reduce swelling	For first aid: Spray max. 5 sec at a time, at 30 sec intervals	For first aid			
Minor burns, sunburns	Use as Sport Spray			For first aid; symptomatic use approx. every 3 hours	For first aid: Spray max. 5 sec at a time, at 30 sec intervals	For first aid			For first aid; symptomatic use 2-3 times a day
Stress pain, muscle tensions	Symptomatic use every 3-6 hours; also for continuous use	Symptomatic use several times a day or when required; also for continuous use	Symptomatic use every 3-6 hours, especially for prolonged pain	Symptomatic use every 3-6 hours; also for continuous use					Symptomatic use 2-3 times a day
Growing pain	Symptomatic use every 3-6 hours. For prevention apply in the evening	Symptomatic use 1-3 times a day. For prevention apply in the evening		Symptomatic use every 3-6 hours. For prevention apply in the evening					Symptomatic use 1-3 times a day. For prevention apply in the evening