

# Choose the right Ice Power



Condition	Cold Gel	Plus MSM Cold Gel	Sport Spray	Cold Spray	Instant Cold or Cold Pack	Arthro creme - for joints	HOT Gel
Sprain, strain or rupture	Apply every 3-6 hours, for a period of 1-14 days		For first aid with light traumas, otherwise use as Cold Gel	For first aid; Spray max. 5 sec at a time, at 30 sec intervals	For first aid or when needed, continue with cold gel if necessary		For prevention
Haemorrhage, bruise	Apply every 3-6 hours, for a period of 1-14 days		For first aid with light traumas, otherwise use as Cold Gel	For first aid; Spray max. 5 sec at a time, at 30 sec intervals	For first aid or when needed, continue with cold gel if necessary		
Neck, shoulder, or back pain, sciatica	Symptomatic use every 3-6 hours; also for continuous use	Symptomatic use every 3-6 hours; specially for prolonged pain	Use as Cold Gel		In acute phase together with Cold Gel for 1-3 days		For treatment of prolonged pain after Cold Gel
Tennis elbow, golfer's wrist, tendinitis	Apply every 3-6 hours, for a period of 1-14 days, apply also when needed	Apply every 3-6 hours, for a period of 1-14 days, apply also when needed	Use as Cold Gel or together with an elastic bandage		In acute phase together with Cold Gel for 1-3 days		
Arthritis, arthrosis, rheumatic pain	Symptomatic use to reduce swelling and pain relieving	Symptomatic use every 3-6 hours; specially for continuous use			Symptomatic use to reduce swelling and pain relieving	Massage in 1-2 times a day for at least one month; also for continuous use.	For treatment of prolonged pain after Cold Gel
Fracture	Use when needed to reduce swelling		Use when needed 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, also for treatment approx. every 3 hours	For first aid; Spray max. 5 sec at a time, at 30 sec intervals	For first aid		
Stress pain, muscle tensions	Symptomatic use every 3-6 hours; also for continuous use	Symptomatic use every 3-6 hours; specially for prolonged pain.	Symptomatic use every 3-6 hours; also for continuous use				
Growing pain	Symptomatic use every 3-6 hours. For prevention apply in the evening		Symptomatic use every 3-6 hours. For prevention apply in the evening				