

*The heat pad will not produce heat when worn over the clothes but you may notice improved circulation thanks to the magnets mounted inside of the pad.

*ALL BODIES RESPOND DIFFERENTLY TO TOURMALINE AND MAGNETS. TEST OUT CAUTIOUSLY FOR A SHORT PERIOD OF TIME (2-10 minutes) BEFORE YOU WEAR IT FOR A LONGER DURATION. AGAIN, IF ANY DISCOMFORT COMES FROM THE HEAT, THEN IMMEDIATELY REMOVE. NOT FOR USE OF CHILDREN OR INEXPERIENCED USERS. CONSULT YOUR PHYSICIAN PRIOR TO USING ANY SUPPORT OR BRACE. USE AT YOUR OWN RISK. RESTRICTIONS APPLY.

Add ICE: To utilize the ice pack, simply remove the ice pack from the freezer and secure on the inside of the belt using the velcro pouch. Wear for 15-30 minutes, then remove and place ice pack back into freezer.



Over the Clothes: The Pcore Support Belt can be used over your clothes at any time for support. Try wearing over the clothes with the rigid support pad and without. Find the fit that's best for you.

*The heat pad will not produce heat when worn over the clothes but you may notice improved circulation thanks to the magnets mounted inside of the pad.



PRIMEKINETIX®
INNOVATIVE MOVES

Congratulations on your purchase of the world's most customizable lower back and core support,

PCORE



Your **Pcore Support Belt** features 4 upright support stays (removable) that help to protect against strains and pulls. Also, we have now added a removable/adjustable magnetic heating support pad and a removable ice pack. You can use the heating pad as rigid support for the Lumbar region of your back, or you can remove the rigid panel from the inside of the pad and experience flexible, magnetic, infrared heat. You can choose to use the ice pack in moments that you have inflammation, simply store the ice pack in the freezer until ready to use. Or, you can remove the pads all together and use the belt itself under or over the clothes for support. Customize the level of support that is best for you and your body.

How to use: The **Pcore Support Belt** can be used under or over your clothes.

Under Clothes: Simply attach the inner velcro straps together in a snug fit, secure for maximum support by pulling the outer velcro straps together and securing on abdomen.

ADD HEAT: To utilize the magnetic tourmaline heat pad under your clothes, first wet the support pad with a light amount of water. Secure belt directly onto skin as instructed above. Expect to feel the warming sensation of increased blood flow and heat within 15-30 minutes. Keep heat pad on for 10-30 minutes maximum. ***WARNING: Remove immediately if heat becomes too intense!** *The heat pad will not produce heat when worn over the clothes but you may notice improved circulation thanks to the magnets mounted inside of the pad.



PRIMEKINETIX®
INNOVATIVE MOVES

Visit www.primekinetix.com for additional information, pictures, and videos about your Pcore support belt or call us at

877-215-1124.

How to use: The **Pcore Support Belt** can be used under or over your clothes.

Under Clothes: Simply attach the inner velcro straps together in a snug fit, secure for maximum support by pulling the outer velcro straps together and securing on abdomen.

ADD HEAT: To utilize the magnetic tourmaline heat pad under your clothes, first wet the support pad with a light amount of water. Secure belt directly onto skin as instructed above. Expect to feel the warming sensation of increased blood flow and heat within 15-30 minutes. Keep heat pad on for 10-30 minutes maximum.

***WARNING:** Remove immediately if heat becomes too intense! *The heat pad will not produce heat when worn over the clothes but you may notice improved circulation thanks to the magnets mounted inside of the pad.

*The heat pad will not produce heat when worn over the clothes but you may notice improved circulation thanks to the magnets mounted inside of the pad.

*ALL BODIES RESPOND DIFFERENTLY TO TOURMALINE AND MAGNETS. TEST OUT CAUTIOUSLY FOR A SHORT PERIOD OF TIME (2-10 minutes) BEFORE YOU WEAR IT FOR A LONGER DURATION. AGAIN, IF ANY DISCOMFORT COMES FROM THE HEAT, THEN IMMEDIATELY REMOVE. NOT FOR USE OF CHILDREN OR INEXPERIENCED USERS. CONSULT YOUR PHYSICIAN PRIOR TO USING ANY SUPPORT OR BRACE. USE AT YOUR OWN RISK. RESTRICTIONS APPLY.

Add ICE: To utilize the ice pack, simply remove the ice pack from the freezer and secure on the inside of the belt using the velcro pouch. Wear for 15-30 minutes, then remove and place ice pack back into freezer.

Over the Clothes: The Pcore Support Belt can be used over your clothes at any time for support. Try wearing over the clothes with the rigid support pad and without. Find the fit that's best for you.

*The heat pad will not produce heat when worn over the clothes but you may notice improved circulation thanks to the magnets mounted inside of the pad.



CONGRATULATIONS ON YOUR PURCHASE OF THE WORLD'S MOST CUSTOMIZABLE LOWER BACK AND CORE SUPPORT,

PCORE

Your **Pcore Support Belt** features 4 upright support stays (removable) that help to protect against strains and pulls. Also, we have now added a removable/adjustable magnetic heating support pad and a removable ice pack. You can use the heating pad as rigid support for the Lumbar region of your back, or you can remove the rigid panel from the inside of the pad and experience flexible, magnetic, infrared heat. You can choose to use the ice pack in moments that you have inflammation, simply store the ice pack in the freezer until ready to use. Or, you can remove the pads all together and use the belt itself under or over the clothes for support. Customize the level of support that is best for you and your body.



PRIMEKINETIX®
INNOVATIVE MOVES

Visit www.primekinetix.com for additional information, pictures, and videos about your Pcore support belt or call us at

877-215-1124.