

Common Injuries†

nfuz tape can be used for a variety of common injuries. For step-by-step video instructions on how to apply nfuz tape for each common injury, scan the QR codes below.



Headache



Knee Pain



Shoulder Pain



Muscle Tightness



Plantar Fasciitis



Shin Splints



Back Pain



Upper Back Pain



Hip Pain



Hamstring Strain



Don't see your injury?
Find more Pro Tips and application help at nfuztape.com/protips



Trigger Point Pain



Neck Pain



Quadricep Strain



Calf Strain



Bruises



Blistered Foot

† nfuz tape is not clinically proven for all injuries.

Tape Removal

To remove tape, begin by peeling up a corner. Hold your skin down close to where you're pulling the tape off with one hand while gently removing the tape with the other hand. Do not rip the tape off. Remove it slowly.

For sensitive skin, early removal, or when tape is difficult to remove: Use baby oil or olive oil to help break down the adhesive and make the take easier to remove in any cases of sensitive skin, early removal, or especially strong adhesive. Rub the oil into the top of the tape, wait 5 minutes, and then slowly remove.



REACTIVATION TECHNOLOGY

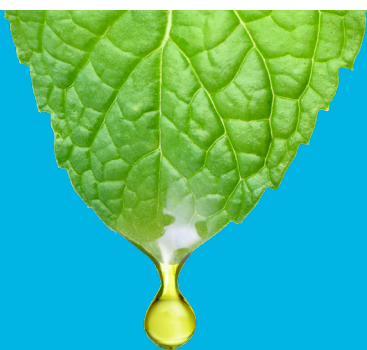
RUB TO REACTIVATE

NFUZ KINESIOLOGY TAPE

uses low irritant acrylic adhesive, and because of the permeability of the tape to air and liquids, and the water repellent qualities the tape dressing can be worn for up to several days.

After applying, activate oils and adhesive by rubbing tape and reactive at any time.

nfuztape.com



nfuz

KINESIOLOGY TAPE
INFUSED WITH ESSENTIAL OILS

HOW TO GUIDE

Before You Begin

Follow all directions and use the following tips for the best results.

CAUTION:

If you have skin sensitivities, cancer, or are pregnant, consult your doctor before use. Improper application, overstretching, or applying on areas of sensitive skin, and improper or quick removal may result in skin irritation, blisters, or skin abrasion. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. In rare cases, a user may experience a burning or stinging sensation which may indicate a mild allergic skin reaction. Follow instructions for **SENSITIVE SKIN OR STRONG ADHESIVE TAPE REMOVAL** and discontinue use. Do not place nfuz tape directly over cut or open wounds. Discontinue use if skin becomes irritated or sore. Do not bandage tightly after application or use with a heating pad. One or more of the components of this product is dyed material. There is a possibility that some color migration may occur during use. Instructions provided are for educational use only. nfuz is not a replacement for professional medical care. Warranties and remedies limited to product replacement cost.

WARNINGS:

- If you have sensitive skin, you should first test a small piece of tape on your skin. If irritation occurs, DO NOT APPLY any more tape.
- In rare cases this tape may cause rashes. If symptoms such as itching or irritation appear, remove the tape immediately.
- The use of the tape on extended/stretched skin may cause irritation. If irritation appears, remove the tape immediately.
- You may shower/bathe as usual when wearing nfuz tape. Carefully dab off any remaining dampness on the tape using a towel.
- Keep out of reach of children.
- Store at 41°F (5°C) to 86°F (30°C) and protected from direct sunlight.
- For single use only.



Apply 1 Hour Before

Apply nfuz tape one hour before beginning activity.



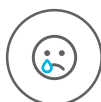
Apply to Clean, Dry Skin

Use mild soap to remove dirt and oils from skin and allow to dry.



Trim Hair

For better adhesion, trim excessive hair before applying.



Remove Gently

Don't rip nfuz tape off your skin! Use baby oil if necessary and remove slowly.



Avoid Overstretching

This may cause skin irritation and/or abrasions.



Don't Overlap Ends

where possible, to ensure the end of the tape is touching the skin.