

PURE POWER RESISTANCE BANDS

Thank you for purchasing the Pure Power Resistance Bands, designed with high-quality materials to provide you with the ultimate durability and versatility in your workouts. Whether you are a beginner or an experienced athlete, our resistance bands will offer flexibility, strength and convenience, helping you reach new heights in your fitness routine.

GENERAL WARNINGS

- Before starting any new exercise program, we recommend consulting with your health care provider, especially if you have any pre-existing conditions or injuries.
- Always inspect the Resistance Bands for any signs of wear or damage before each use.
- Do not use Resistance Bands if you have a latex allergy.
- **KEEP OUT OF REACH OF CHILDREN, pets or any individual who may require supervision.**
- Do not use Resistance Bands with tears or holes, or if areas of the band feel weak.
- Replace any damaged items immediately with Pure Power replacement parts by contacting Mercola Market Customer Care at 1-877-985-2695.
- Follow all instructions and safety guidelines listed below when using the Resistance Bands to avoid injury.
- Only use the Resistance Bands as intended.
- Ensure you are in a clear, unobstructed space before safely exercising.
- When exercising on concrete or other abrasive surfaces, use a mat underneath to protect the Resistance Bands from damage.
- Never pull the Resistance Bands toward your face or head. Always use extreme caution to protect your eyes, face, head and other body parts when using Pure Power Resistance Bands.
- Do not stretch the Resistance Bands to more than 3x their original length.
- Never release the Resistance Bands while under tension.
- Stop exercise immediately if you experience discomfort, pain, dizziness, lightheadedness or shortness of breath.

PACKAGE CONTENTS

- (5) Latex Resistance Bands
 - Extra Light: 10-30 lbs. (Yellow)
 - Light: 20-70 lbs. (Red)
 - Medium: 30-110 lbs. (Green)
 - Heavy: 40-140 lbs. (Blue)
 - Extra Heavy: 50-170 lbs. (Black)
- (1) Drawstring Bag

MAINTENANCE + CARE

Clean Regularly: Wipe down the Resistance Bands with a damp cloth to remove any sweat or debris. Do not use soap or other cleaning products, as it may damage or weaken the bands.

Store Properly: After each use, store the Resistance Bands in the provided Drawstring Bag in a cool, dry place away from moisture or heat to protect them from damage.

Avoid Sunlight: Do not leave the Resistance Bands in direct sunlight for extended periods of time, as this can degrade the material.

HELP + SUPPORT

For any questions or concerns about your Pure Power Resistance Bands, please contact Mercola Market Customer Care at 1-877-985-2695, or write a message at mercolamarket.com/pages/help

WARRANTY INFORMATION

The Natural Health Partners' One-Year Limited Warranty applies only if the Resistance Bands are used and maintained according to the Warnings and Maintenance + Care instructions. It covers manufacturing defects, including defects in materials or workmanship. Natural Health Partners has sole discretion to determine manufacturing defects. Natural Health Partners, LLC will at its option, repair or replace a defective Pure Power Resistance Band that is covered by this warranty. As a matter of warranty policy, Natural Health Partners, LLC will not refund the customer's purchase price. To obtain warranty service you must return the defective part along with proof of purchase to Natural Health Partners, LLC. All delivery charges on parts or units submitted under this warranty shall be borne by purchaser. Any repaired or replaced part of the kit is warranted exclusively to the original purchaser. This One-Year Limited Warranty does not cover normal wear and tear, failure during use, loss and/or theft. It will be voided if the user failed to follow proper use, care or safety instructions and warnings.

DISTRIBUTED BY: NHP, 125 SW 3rd Place, Cape Coral, FL 33991 USA (877) 985-2696

Made in China 50102-v100