

# GR8FUL®

## User Guide

### ANKLE SOCK

#### 1

### UNIVERSAL ONESIZE

These amazing gr8ful ankle socks are magic as they fit any foot size between size 4 and 10!



#### 2

### PUT THE ANKLE SOCKS ON

Gradually build up wearing your gr8ful ankle socks over time in order for your feet get used to them and get the most out of your new product.

The best way to get them on, is either:

1. just slide them on or;
2. turn them inside out and roll them over your foot.



#### 3

### HOW TO WEAR ANKLE SOCKS

You can wear your gr8ful ankle on their own, under or over longer socks, or even with gr8ful plantar sleeves.

- Compression socks aren't just for Grandma and Grandpa. Modern compression socks help improve circulation in men and women of all ages.
- By design, compression socks are tight—which can make them tricky to put on.
- We encourage you to wear your socks consistently so you'll get the maximum benefit.

#### 4

### DAILY WEAR & EXERCISE

gr8ful ankle socks can stimulate circulation in your feet, ankle and Achilles.

Which in turn can:

1. Improve your athletic performance,
2. Reduce occupational foot swelling.

The mild compression works well for everyday use.



#### 5

### SLEEP & RELAX IN YOUR SOCKS

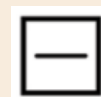
gr8ful ankle socks are great for relaxing and sleeping in.



#### 6

### MACHINE WASH

gr8ful ankle socks can be machine washed. They are best dried, either on a washing line, drip dry or dried flat. Do not iron your gr8ful ankle socks.



[www.gr8ful.co.uk](http://www.gr8ful.co.uk)

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