

**01 BIF103 BIOFREEZE
10Z TUBE (PACK OF 12)**

Well suited for hands-on massage applications, particularly larger muscles and joints such as the calves, thighs, shoulders or elbows. **£49.95**



**02 UP001 ULTIMATE
PERFORMANCE
KINESIOLOGY TAPE
ROLL**

Designed to improve the body's natural healing process by helping to increase blood flow around the muscle. Non-restrictive, allowing for a full range of motion; the wave pattern adhesive backing moves with the skin and muscles. Available either as a Roll or Pre-Cut. Colours: black, flesh, pink, light blue, red. **£9.95**

**UP002 ULTIMATE
PERFORMANCE
KINESIOLOGY TAPE
PRE-CUT**

Designed to improve the body's natural healing process by helping to increase blood flow around the muscle. Non-restrictive, allowing for a full range of motion; the wave pattern adhesive backing moves with the skin and muscles. Available either as a Roll or Pre-Cut. Colours: black, flesh, pink, light blue, red. **£9.95**



**03 UP704 ULTIMATE
PERFORMANCE
ADVANCED
KINESEOLGY TAPE**

When applied over muscles following the Advanced Kinesiology Taping Techniques it can; Reduce pain. Inflammation. Relax overused tired muscles. Support muscles movement by helping to increase blood flow to the affected area. Gives a consistent stretch. Colours: black, blue, flesh. **£13.95**



**04 UP4478 ULTIMATE
PERFORMANCE SKIN
SHIELD**

A blister-preventing roll-on barrier between the skin and shoes, equipment etc. Apply directly to the skin on any areas that will be exposed to rubbing. Waterproof, non-staining, non-toxic, grease-free and contains no animal products. **£7.95**

**05 UP4466 ULTIMATE
PERFORMANCE COLD
GEL**

Designed for the efficient relief of joint and muscular pain and to aid in recovery from injury. May be used during and after physical exercise. It has a soothing effect and helps reduce swelling. **£5.95**

**06 UP4464 ULTIMATE
PERFORMANCE HEAT
RUB 100ML**

Balm for warming pain relief. The Ultimate Performance Heat Rub helps to ease pain from sore muscles, bruises, minor aches, sprains and strains. **£5.95**

**07 UP4467 ULTIMATE
PERFORMANCE NON-
TACK GRIP POWDER
50G**

The Grip Powder is an adhesive powder designed to help keep your hands dry and improve grip. Best suited for tennis, squash, badminton, basketball, golf, netball, gymnastics, bowls --- any activity that requires improved grip. This non-tack powder works well on handles of sports equipment as it doesn't leave a sticky residue behind after use. 50g Bottle. **£7.95**

**08 UP4020 ULTIMATE
PERFORMANCE LIQUID
CHALK**

Liquid Chalk is perfect for all types of sports such as climbing, gymnastics, weightlifting, athletics, tennis, cross fit and pole dancing. Simply apply the desired amount to the hand and rub palms together to spread the liquid evenly. Quick drying – once applied chalk dries in 10-15 seconds. Low mess – perfect for use in cross fit sessions or gyms as it doesn't leave a powdery residue around the training area. 200ml bottle. **£11.95**

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01 TRM360 RUN ON TOUCHLINE MEDI BAG + MEDICAL KIT A

Complete with Kit A + spray bottle. Excellent value run-on bag. **£49.95**

TR1540 Precision Medical Kit Refill A - can be seen in 01. **£31.95**

02 TRM363 TEAM MEDI BAG + ASTRO MEDICAL KIT

Complete with astro turf refill kit plus spray bottle. **£53.95**

PRM275 Astroturf Medical Refill Kit - can be seen in 02. **£39.95**

03 TRM361 ACADEMY MEDI BAG + MEDICAL KIT B

Complete with Kit B + spray bottle. **£23.95**

TR1541 Precision Medical Kit Refill B - can be seen in 03. **£14.95**

04 TRM362 MEDI GRAB BAG + MEDICAL KIT C

Excellent bag which comes complete with Kit C. **£15.95**

TR1542 Precision Medical Kit Refill C - can be seen in 04. **£12.95**

05 TRM11 ELASTICATED ADHESIVE BANDAGE

TRM113 2.5cm x 4.5m **£2.95**
TRM114 5cm x 4.5m **£4.95**

06 PTRM360 PRECISION PRO HX RUN ON TOUCHLINE MEDI BAG **£21.95**

07 PTRM363 PRECISION PRO HX TEAM MEDI BAG **£17.95**

08 PTRM361 PRECISION PRO HX ACADEMY MEDI BAG **£11.95**

09 PTRM362 PRECISION PRO HX MEDI GRAB BAG **£7.95**

01 TRM102 REUSABLE HOT/COLD PACK

Non-toxic environmentally friendly gel. Controls swelling and relieves pain. Stays hot/cold for hours. Remains flexible even at low temperatures. Includes removable cover. **£7.95**

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02 TRM100 JET SPRAY BOTTLE 500ML

Plastic. 2 spray settings: single jet and wide spray. Nozzle can also be turned off. **£3.95**

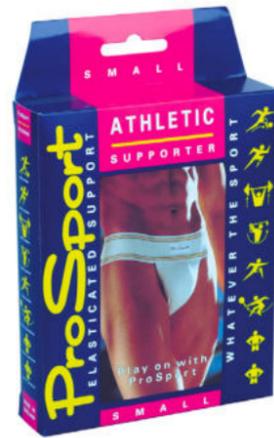
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03 PS7457 PRO SPORT ATHLETIC/CRICKET SUPPORT

Provides effective support and offers maximum comfort and reassurance. Suitable for all sporting activities. **£1.95**

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04 TRM104 400ML ICE COLD SKIN COOLANT

This convenient spray provides an instant cooling effect. Can help reduce the sensations of burns, sprains, cramp and inflammation. **£7.95**

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04 TRM103 150ML ICE COLD SKIN COOLANT

£3.95

05 TRM101 INSTANT ICE PACK

Single use disposable pack. Ideal for soft tissue injuries, sprains, strains, bumps and bruises. Quickly relieves pain and reduces swelling. **£1.95**

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06 TRM107 ZINC OXIDE STRAPPING TAPE

38mm 10 metres. **£4.95**

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TRM108 ZINC OXIDE STRAPPING TAPE

25mm 10 metres. **£3.95**

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07 KPM005 EMERGENCY FOIL BLANKET 130 X 210CM (PACK OF 6)

Emergency Foil Blanket 130 x 210cm (Pack of 6). Reflective surfaces maintain core body heat and reduces risk of hypothermia. Disposable insulating blanket. Ideal for sporting activities and people exposed to extremes of temperature. Soft texture provides added comfort **£7.95**

08 KPM001 KOOLPAK KOOLBEAD HOT & COLD PACK 12.5 X 21CM

The KoolBead Reusable Hot & Cold Pack has a flexible gel bead technology which distributes the hot or cold temperature evenly to the injured area. Its ultra-soft velour backing provides superior patient comfort. **£2.95**

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09 KPM002 KOOLPAK KOOLBEAD HOT & COLD PACK 17 X 28CM

The KoolBead Reusable Hot & Cold Pack has a flexible gel bead technology which distributes the hot or cold temperature evenly to the injured area. Its ultra-soft velour backing provides superior patient comfort. **£4.95**

10 KPM003 KOOLPAK ICE BAG MEDIUM 23CM

Fill the durable bag with ice cubes or ice-cold water and place the bag onto the affected area to improve recovery. **£5.95**

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11 KPM004 KOOLPAK ELASTICATED COLD BANDAGE 7.5CM X 2M

This elasticated bandage combines cooling with compression and is perfect for the immediate treatment of inflammation and bruising of muscles, tendons and ligaments. **£1.95**