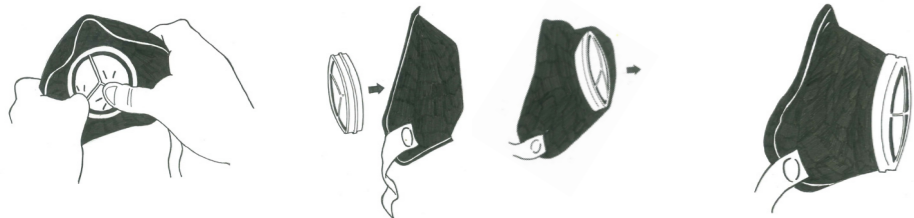




How to switch filters in your Airtrim mask

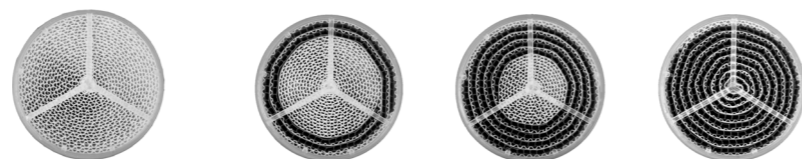


- 1. Remove the filter**
Push on the filter's plastic frame, from the inside of the mask, and let the filter fall out. Do not press directly on the soft parts of the filter, since it can be easily broken. Wet filters are very fragile.
- 2. Insert the new filter**
Then insert the new filter, from the inside of the mask. The curved side pointing outward. Make sure that the mask closes tightly around the filter.
- 3. The filter in place**
Make sure that the filter sticks out about 8 mm, and that it fits tightly around the edge of the mask.

Please note! Wet filters are very fragile. Be careful not to touch the soft parts if you change a filter that has just been used.

Accessories

All filters can be bought as spare parts. The Racing filters 1, 2 and 3 provides lower air resistance and lower humidity and heat. No 3 have the least air resistance and warmth. If you suffer from asthma, cold-induced asthma, angina or COPD we recommend you to use the asthma filter. It is the filter that provides most moisture and heat, and is not suited for hard training.

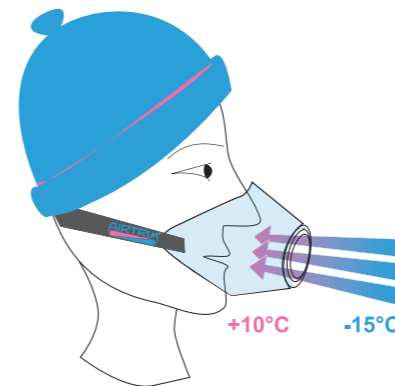


- Athma/Sport filter**
Filter that provide the most moisture and heat.
- Racing filter 1**
Filter with less air resistance and less moisture and heat.
- Racing filter 2**
Racing filter 3 provides the least air resistance and heat.
- Racing filter 3**



Airtrim is an heat exchanger that protects your airways from cold and dry air

When you breathe in the mask, your inhaled air is heated and moistened by your exhalation. It makes it easier to breathe, and you reduce the risk of dry cough, in cold temperatures. You can switch filter depending on your activity. There are five different filters available. A denser filter provides warmer inhaled air. Airtrim is suitable for outdoor activities such as walking, running, skiing and fishing.



Which Airtrim package is right for you?

This package includes a mask and an extra filter. The mask is available in one size and in several colors. Extra filters can be bought separately.

- Airtrim Asthma**
Asthma filter (2 pcs)
Suitable for you who have difficulty with cold, e.g. asthma or angina.
- Airtrim Sport**
Sport- and racing filter 1
Suitable for you who intend to use Airtrim for exercise.

Before first use
Wipe out the inside of the mask with a damp cloth before first use.

Personal equipment
Airtrim is a personal equipment, do not lend the mask to anyone else (risk of infection).

Care advice & storage
Remove the filter before cleaning the mask with lukewarm water. You can let the filter just air-dry in room temperature after use. Normally the filter does not need to be cleaned, but can be rinsed off occasionally. Remember that wet filters are very fragile.

We advise you to store your Airtrim in the original packaging. Then it keeps its shape and can easily be packed in a bag without being damaged. Make sure the mask and filter have dried completely before putting it in the package.

How long can I use my filters?
We recommend that you change your filters once a season, but it depends on how often you use your Airtrim. Some change filters every season while others use the filter for a longer period of time.

How do I get rid of condensation on the filter when I use the mask?
When using the mask for a long time condensation occurs in the filter and at the inside of the mask. Make it a habit to once in awhile blow the moisture out with a strong exhalation. A tip is to bring dry spare filters for long workouts.

Sleep with Airtrim
When your throat feels dry or sore it can feel better to breath with your Airtrim even indoors. The warm and humid breathing air can help you get better faster.

NOTE! Airtrim heat exchanger must not be used as a protective mask
Airtrim is not a protective mask, for example, solvents, dust or viruses.