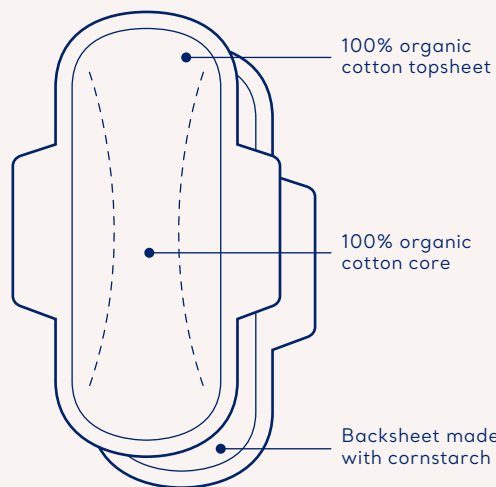


Designed to fit the shape of your body with an absorbent 100% organic cotton core that locks liquid in to keep you fresh and dry. The 100% organic cotton topsheet provides non-irritating comfort and softness.



Directions: Peel back the middle adhesive strip and adhere the pad to panties, folding the wings under the edges. Remove remaining strips and pull wings under panties.

Ingredients: 100% organic cotton topsheet, 100% organic cotton core, backsheet made with cornstarch, glue.

Do Not Flush. Keep this product away from babies, children and pets.

Individually wrapped for safety and convenience.

The Seal of Cotton is a registered trademark of Cotton Incorporated.

Live Better[®]

Live Better[®] by CVS Health[®] brings you trusted and transparent wellness solutions. Filled with purpose and consciously selected, our products help you stay well and simply live better.



Live Better[®] Organic Cotton Pads are made with a carefully chosen, skin-friendly 100% organic cotton topsheet, 100% organic cotton core, and a backsheet made with cornstarch for safe, non-irritating and reliable protection you can feel good about.

Live Better[®]

organic cotton pads

regular

100% organic topsheet & core
hypoallergenic & breathable
for sensitive skin

by  CVS Health[®]

NO
colorants
chlorine
perfumes



30 PADS



regular
●●●○○



Weight

The ideal blanket is about 10% of your body weight.

Give Yourself a Hug

Take a deep breath and relax under the gentle pressure

of this soothing weighted blanket.

Made to feel like a hug for your whole self,

it helps transport your mind

and body to a place

of secure comfort.

15 POUNDS

CVSHealth.

Weighted Blanket

Surround yourself in deep comfort

Removable, machine washable duvet cover has 10 ties and zip closure to keep blanket secure

All season fabric provides year-round comfort

4' x 6' to cover your whole body

Small pockets for even distribution of weight

Deep comfort from head to toe

CVSHealth.

Weighted Blanket

Surround yourself in deep comfort

V-36093
#32463
FPO 100%
UPC# 054928621387
X XXXXX XXXXX X

Distributed by: CVS Pharmacy, Inc.
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One CVS Drive, Woonsocket, RI 02895

Weighted Blanket:
Spot clean only with damp cloth and mild soap. Do not launder.
Do not dry clean.
Duvet Cover:
Machine wash cold. Wash separately or with like colors. Gentle cycle. Do not bleach. Tumble dry low. Remove promptly. Do not iron.
100% Polyester

CARE INSTRUCTIONS:
**WARNING: ADULT SIZE AND WEIGHT,
NOT FOR USE WITH CHILDREN.**

UNDER PENALTY OF LAW THIS TAG NOT TO BE REMOVED EXCEPT BY CONSUMER
ALL NEW MATERIAL consisting of
93% GLASS BEADS 7% POLYESTER FIBER
REG. NO. OH 79687 (C)
Certification is made by the manufacturer that the materials in this article are described in accordance with law.
MADE FOR CVS Pharmacy, Inc. One CVS Drive, Woonsocket, RI 02895 CVS.com™ 1-800-SHOP CVS
Date of Delivery
Finished size: 48 in. x 72 in. Net weight of filling: 15 lb., 2.7 oz.
Federal Textile Fiber Information Cover & Back: 100% Polyester
MADE IN CHINA

15 POUNDS



Surround yourself in deep comfort like a full-body hug

Gentle & comforting weight, like a full-body hug

- Filled with premium glass beads & polyester batting
- Small pockets for even weight distribution
- 4' x 6' Washable duvet cover with hidden zip closure

1 WEIGHTED BLANKET 48 IN X 72 IN (121 cm X 182 cm)
1 DUVET COVER 48 IN X 72 IN (121 cm X 182 cm)

CVSHealth.

Weighted Blanket

CVSHealth.

15 POUNDS



FOR ALL
FITNESS
LEVELS

Multi-Purpose Resistance Band Kit

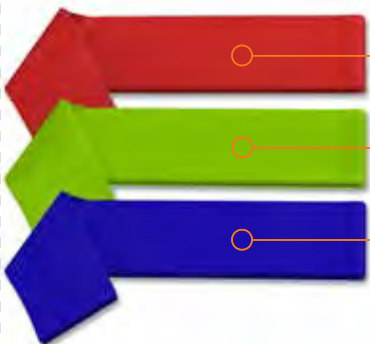
CVS Health® Multi-Purpose Resistance Band Kit is ideal for use during stretching and strength training. Versatile and easy to take on the go, it's an essential part of your fitness routine for beginner to advanced levels.

Stretch Band



3 lbs.

Closed Loop Resistance Bands



Beginner - 5 lbs.

Intermediate - 10 lbs.

Advanced - 15 lbs.

Includes pre-workout balance assessment for safe training at home. See training guide for complete instructions.

WARNING: Always consult your health care physician before beginning any exercise regimen.

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V-36412



#356898
FPO 80%
UPC# 050428628249
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FOR ALL
FITNESS
LEVELS

Multi-Purpose Resistance Band Kit

Stretch, tone & strengthen muscles
for beginner to advanced training levels

- 3 different resistance levels & 1 warm-up stretch band
- Ideal for resistance training at home



Training
guide
included

1 STRETCH
BAND
3 RESISTANCE
BANDS

BEFORE YOU START RESISTANCE BAND TRAINING:

You will need a safe and adequate workout space. You will also need to make sure that you have good balance. Here are a few tips and assessments to help you get started.

SELECTING A WORKOUT AREA AT HOME:

Resistance band training can be done virtually anywhere, but most fitness professionals recommend that you train in an area of approximately 35 to 64 square feet (6'x6' to 8'x8') with a ceiling that is at least 8' high. Make sure your flooring is smooth, easy to clean, and free of tripping hazards.

It is recommended that you wear sneakers or athletic shoes to avoid slipping during your workout.

YOUR PRE-WORKOUT ASSESSMENT:

Having good balance is essential in resistance band training. Balance can be affected by medication, inner-ear-problems, visual-problems and blood pressure.

Below are three common tests to help you assess your balance. We recommend that you try one or all of them to determine if you have balance issues. If you have trouble doing any of these tests, consult your healthcare professional before beginning resistance band training.

Stand & walk

1. Place a stable chair against a wall. Measure out and mark 10 feet.
2. Time yourself to see how long it takes to get up out of the chair, walk 10 feet, turn around, and sit back down in the chair.
3. If it takes longer than 14 seconds, there is a high risk of falling.

Stand & sit

1. Using a stable chair, stand up and down 5 complete times as fast as possible.
2. Make sure you stand up fully and sit down with your bottom touching the chair.
3. If it takes longer than 13 seconds, your balance may not be adequate.

Standing balance

1. In an open area on smooth flooring, stand on 1 leg without holding onto anything, jumping around or touching your raised leg to your planted leg.
2. Adequate balance is 30 to 60 seconds.

ABOUT YOUR RESISTANCE BAND KIT:

Resistance bands are not toys and should be kept out of reach of children. Regardless of age, please consult a healthcare professional before you or anyone else uses this product. Before using, inspect bands for abrasions including, but not limited to nicks and cuts. Discontinue use immediately if you find any abrasions, nicks or cuts. Adult supervision is recommended for users under the age of 18. Before attempting any exercise know your physical capabilities and limitations. When attempting any exercise, including those shown here, use caution.

Do not attempt any exercise you do not feel comfortable performing or that you feel is beyond your physical ability. Resistance bands could potentially pose a strangulation hazard to small children and pets. If pregnant, consult a healthcare professional before using resistance bands.

CARING FOR YOUR RESISTANCE BAND KIT:

When not in use, store resistance bands at room temperature and away from direct sunlight. Clean resistance bands with mild soap and warm water and towel dry. Do not use bleach or other chemical cleaners.

RESISTANCE BAND TRAINING GUIDE & DEFINITIONS:

TRAINING LEVEL	WEEKLY WORKOUTS	SETS	REPS	REST TIME
WARM UP (3 lbs.)		USE BEFORE EACH WORKOUT		
BEGINNER (5 lbs.)	1-2	1	12	30 SECONDS
INTERMEDIATE (10 lbs.)	2-3	2	12	30 SECONDS
ADVANCED (15 lbs.)	3	3	12	30 SECONDS

- Beginner:** New to resistance band and exercise training
- Intermediate:** Minor resistance band training experience and knowledge
- Advanced:** Extensive resistance band training experience and knowledge
- Weekly workouts:** Number of days per week you should work out with resistance bands
- Sets:** The number of times an individual exercise is performed during daily exercise
- Reps:** The number of times an exercise is performed during a "set"
- Rest:** The amount of rest time between reps
- Warm-up:** The process of stretching muscles before beginning of workout

WARNING: Please consult your healthcare professional before undertaking any fitness or exercise regimen. The risk of injury from participating in any exercise or fitness program can be significant. Always wear appropriate clothing and footwear. The following material is for educational purposes only. Please consult with your healthcare professional before undertaking any of the following exercises. The illustrations depicted in this manual are for reference only. By reading this material and using this product, you acknowledge the risk of injury from participating in any exercise or fitness program can be significant.

RESISTANCE BAND WORKOUT:

See the Resistance Band Training Guide and Definitions above and follow the recommended number of weekly workouts, sets, reps and rest times.

CVS Health

FOR ALL FITNESS LEVELS

Multi-Purpose Resistance Band Kit

TRAINING GUIDE

KEEP TRAINING GUIDE IN A SAFE PLACE OR POST IN YOUR WORKOUT SPACE FOR EASY REFERENCE

WARM UP

Use your **yellow** stretch band to help you warm up before your workout.

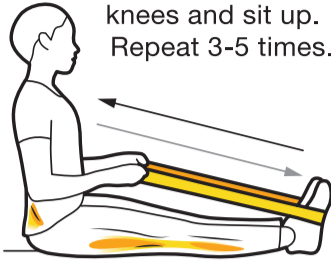
Tricep

Hold one end of the band in your right hand and drop the remainder of the band behind your left shoulder. Grab the band behind your back with your left hand. With your right hand, pull the strap down toward your right hip. Slowly return to starting position and repeat 3-5 times. Switch hands and repeat.



Lower Back

With one end of the band in each hand, loop the band around both feet. Keeping your back straight, pull the band toward you to sit back up. Lean forward, bringing your belly toward your knees and sit up. Repeat 3-5 times.



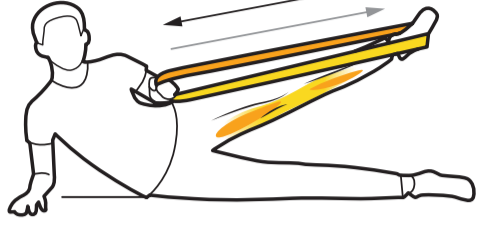
Hamstring, Calf & Lower Back

Lie on your belly using your elbows for support. Loop one end of the band around your foot with the other end over your shoulder on the same side. Hold both ends of the band in one hand and pull to bring your lower leg up while keeping the opposite leg straight. Repeat on each side 3-5 times.



Inner Hamstring & Thigh

Lie on your side using your elbow for support. Loop one end of the band around your top foot and straighten both legs. While holding both ends of the band in one hand, bring your top leg up by pulling the band toward you, keeping the leg straight. Repeat on each side 3-5 times.

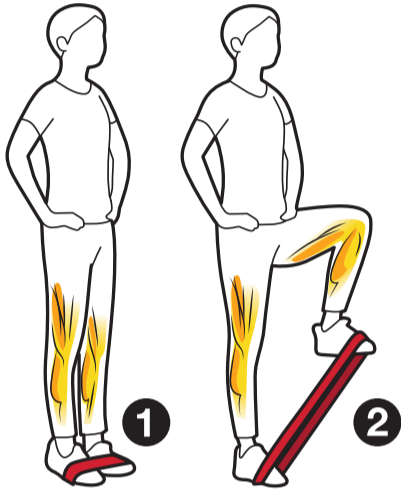


RESISTANCE BAND WORKOUT

Follow number of sets, reps, and rest time as indicated in RESISTANCE BAND GUIDE on opposite side.

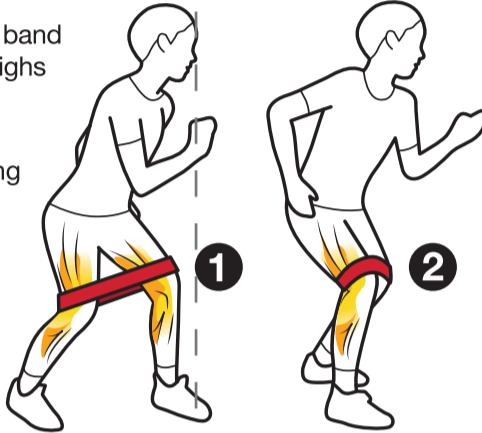
Knee Lift

Step 1: Slip resistance band around both feet.
Step 2: Raise knee upward to hip level and hold for 1-2 seconds. Return to original position and repeat, switching legs.



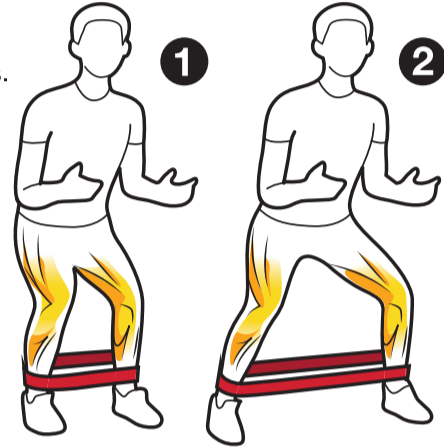
Forward Resistance Walk

Step 1: Slip resistance band around both thighs right above your knees.
Step 2: Keeping tension on the band, walk forward for 5-7 steps and repeat.



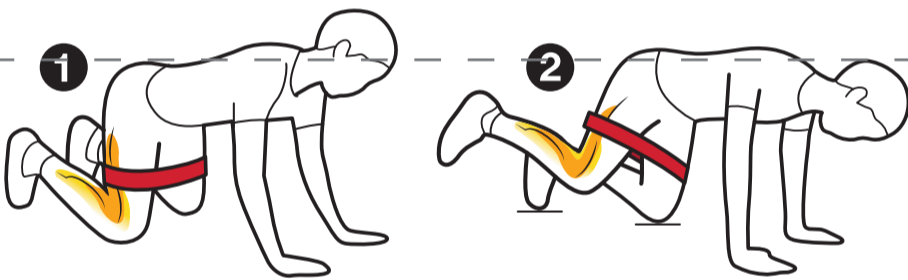
Lateral Shuffle

Step 1: Slip resistance band around both ankles.
Step 2: Keeping tension on the band, step out sideways left then right 5-7 steps. Repeat stepping right then left for another 5-7 steps.



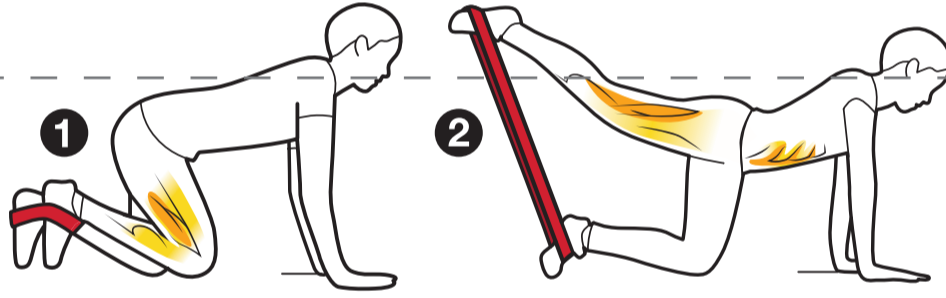
Push Backs

Step 1: Slip resistance band around both legs at mid-thigh. Balance in an all-fours position.
Step 2: Lift one knee and push out and back until you feel resistance and hold for 3-5 seconds. Switch legs and repeat.



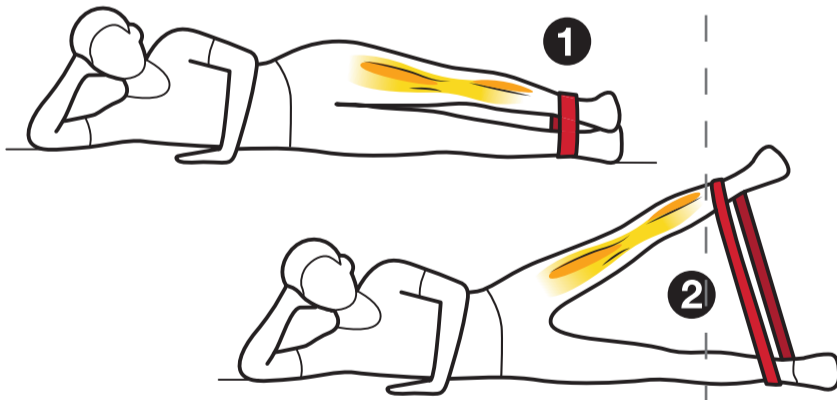
Fire Hydrant

Step 1: Slip resistance band around both feet. Balance in an all-fours position.
Step 2: Push one leg straight back and up. Hold for 1-3 seconds. Switch legs and repeat.



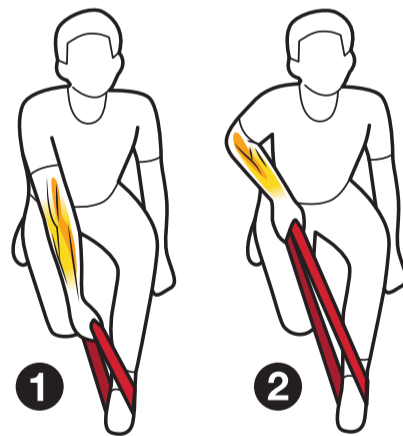
Leg Lift

Step 1: Slip resistance band around both ankles. Lie on your side using your elbow for support.
Step 2: Straighten both legs and slowly lift your upper leg until you feel resistance. Hold for 3-5 seconds. Switch legs and repeat.



Back & Arm

Step 1: Slip resistance band around one foot. Holding both sides of the band in one hand, get into a half kneeling position. Lean forward over your front leg.
Step 2: Pull the band straight up and back until you feel resistance. Hold for 2-3 seconds. Switch sides and repeat.



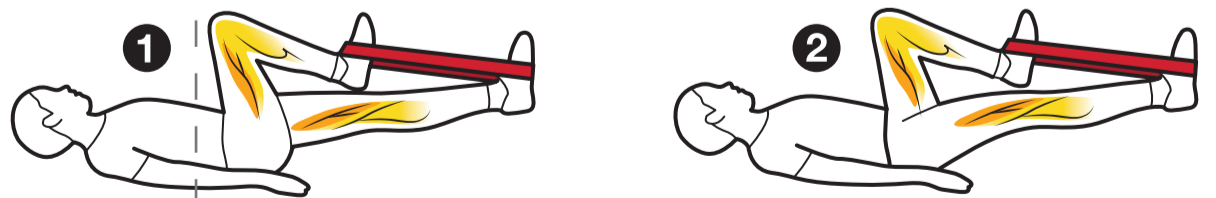
Squats

Step 1: Slip resistance band around your knees and separate your legs hip distance apart.
Step 2: Bend your knees until you feel resistance and hold. Slowly return to starting position and repeat.



Bicycle

Step 1: Slip resistance band around both feet. Lie on your back with your hands by your side for stability. While keeping tension on the band, bring one knee up toward your body while keeping the opposite leg straight.
Step 2: Return your leg to starting position while at the same time bringing the opposite leg toward you. Repeat.



Advanced Bicycle

Step 1: Slip resistance band around both feet. Lie on your back with your hands behind your head and elbows out straight to the sides. Keeping tension on the band, bring one knee up toward your body while the other leg stays straight. Twist your upper body so that your elbow meets your knee.
Step 2: Return your leg to original starting position while at the same time lifting opposite leg to meet the opposite elbow. Repeat.



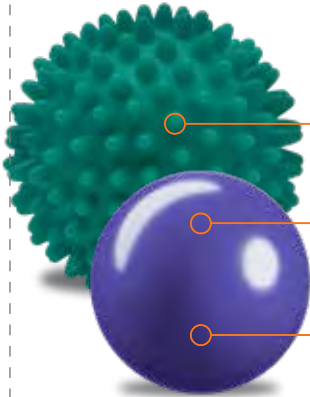


Hot & Cold

Massage Ball Kit

Textured & smooth balls for gentle & deep tissue massage

CVS Health® Hot & Cold Massage Ball Kit is a versatile addition to your strength training routine. Squeeze the smooth ball to help strengthen hands or provide gentle, light surface massage to tight muscles. Use the textured ball for deep tissue massage. Use them hot or cold.



Textured ball for deep tissue massage or foot massage

Smooth ball for gentle massage

Great for hand massage or strengthening

See guide for complete instructions.



Smooth ball for gentle massage



Textured ball for deep tissue massage or foot massage



Great for hand massage or strengthening

5.91"



Hot & Cold

Massage Ball Kit

Textured & smooth balls for gentle & deep tissue massage

- Smooth ball for gentle, light surface massage
- Textured ball for deep tissue massage
- Use hot or cold

Includes Smooth Ball



5.91"



1 SMOOTH BALL
1 TEXTURED BALL

Instruction guide included



Directions:

For cold care: Place massage ball in freezer for two or more hours.

For hot care: Place massage ball in microwave and heat for 12 seconds. Touch lightly to determine temperature of ball. If ball is too hot, allow it to cool before using. If ball is cool to the touch, rotate it and return to the microwave for an additional 12 seconds. Do not place frozen ball in microwave. If ball is frozen, run under warm water for 30 seconds. See instruction guide for further details.

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