

**Gebauer's Instant Ice®**  
**MIST AND STREAM SPRAY**  
**P/N 0386-0010-25 P/N 0386-0010-45**

Gebauer's Instant Ice is used like ice for muscle spasm \* and for the temporary relief and reduction of minor pain and swelling from sprains, strains, bruising, contusions and minor sports injuries.

**INSTRUCTIONS:**

1. Minor pain and swelling from sprains, strains, bruising, contusions and minor sports injuries may be temporarily controlled with Gebauer's Instant Ice. The amount of cooling depends on the dosage. Dosage varies with duration of application. The smallest dose needed to produce the desired effect should be used. The cooling effect of Gebauer's Instant Ice rarely lasts more than a few seconds to a minute. This time interval is usually sufficient to help reduce or relieve the initial trauma of the injury. To apply Gebauer's Instant Ice, hold can upright 3 to 7 inches (8 to 18 cm) away from treatment area. Point nozzle at treatment area and press the actuator button firmly to apply Gebauer's Instant Ice. Spray treatment area until the skin just turns white. Do not spray after skin turns white. Use as you would ice.
2. Gebauer's Instant Ice may be used in the management of muscle spasms \*. The amount of cooling depends on the dosage. Dosage varies with duration of application. The smallest dose needed to produce the desired effect should be used. The cooling effect of Gebauer's Instant Ice rarely lasts more than a few seconds to a minute. To apply Gebauer's Instant Ice, hold can upright 3 to 7 inches (8 to 18 cm) away from treatment area. Point nozzle at treatment area and press the actuator button firmly to apply Gebauer's Instant Ice. Do not frost the skin, stop spraying as soon as skin begins to turn white. Immediately after applying, gently stretch the muscle. Stretching should be pain-free. Stop stretching if there is any pain or discomfort. Use as you would ice.

**PRECAUTIONS:**

1. Do not spray near the face or on open wounds or abraded skin.
2. Gebauer's Instant Ice is contraindicated in individuals with a history of hypersensitivity to 1,1,1,3,3-Pentafluoropropane and 1,1,1,2-Tetrafluoroethane. If skin irritation develops, discontinue use.
3. Over application of the product might alter skin pigmentation.
4. Do not use this product on diabetics or persons with poor circulation or insensitive skin.
5. Do not over-stretch the muscle.

**WARNINGS:**

For external use only. Contents under pressure. Do not expose to temperatures above 120°F (49°C). Use only as directed, intentional misuse by deliberately concentrating and inhaling the contents can be harmful and potentially fatal. Keep away from eyes and other mucous membranes.

**STORAGE:** Store at Room Temperature.

**INGREDIENTS:** 1,1,1,3,3-Pentafluoropropane and 1,1,1,2-Tetrafluoroethane

**KEEP OUT OF REACH OF CHILDREN**

**HOW SUPPLIED:** 3.5 fl. oz. (103.5mL) Aerosol Cans

(\*) Instant Ice Stream Spray Only

For more information about this product contact Gebauer Company.