



*With Every Step.*<sup>TM</sup>

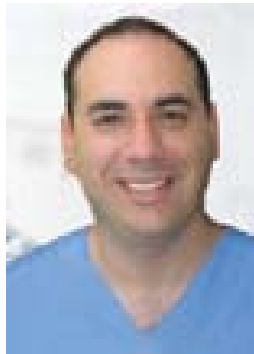
Add more sole to your day

[www.megacomfort.com](http://www.megacomfort.com)

## About MEGAComfort

MEGAComfort Inc. is a leading edge company which offers a complete range of patent pending anti-fatigue insoles and orthotics, ergonomically designed by Podiatrist, Dr. Kevan Orvitz. MEGAComfort Products have been clinically proven to reduce muscle fatigue, and increase balance reactions as well as reducing pain and increasing comfort in multiple field tests. MEGAComfort has been promoting the push away from costly standard floor matting since its inception almost a decade ago towards its Anti-Fatigue Products as a viable cost effective alternative.

As a practicing Podiatrist with over 20 years experience in various parts of the world, I have studied all aspects of biomechanics, and the human body as it relates to the



Dr Kevan Orvitz  
Owner and Founder

lower extremity and the feet. As part of MEGAComfort's unique personal service and commitment to its valued clients, I am always available to answer any clinical questions in regards to our Product line.

And that, is my Personal Commitment to you!

For more information about insoles and overall foot health, please check out the internet's leading source at: [www.insoledoctor.com](http://www.insoledoctor.com)

## The MEGAComfort product family

### Product Line

*Personal*  
**Anti-Fatigue Mat™**

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For Maximum Shock Absorption and Maximum Comfort  
Recommended for use in Industrial and Extra-Depth Footwear

*Personal*  
**Anti-Fatigue Mat™ ESD**

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Where Anti-Static (ESD) control is required  
For Maximum Shock Absorption and Maximum Comfort  
Recommended for use in Anti-Static and Extra-Depth Footwear

**MEGASole™**

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For Optimal Shock Absorption and Everyday Comfort  
Recommended for use in Casual and Leisure Footwear

**MULTI Thotic™**

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For Enhanced Performance. 3-in-1 Comfort Orthotic System  
Recommended for use in all Footwear. Extra Support and  
Enhanced Performance

**MEGATHotic Slim™**

Available soon  
Recommended for use in Dress, Cleat and Dance Footwear

## The MEGACOMFORT product family

### Product Features

Our insoles are specially designed to maximize the level of comfort for any type of foot, in any type of shoe, within any type of environment. Because of the vast variations in foot types, footwear, and environmental conditions, each of our insoles has specific design features that ensure the highest possible level of support and comfort for virtually every situation. Along with the features that make each of our insoles unique, they also share similar features that define the unrivaled MEGACOMFORT standard. Some key features include:

#### Ergonomically Designed by a Doctor of Podiatric Medicine

**Aeration Holes** - Regulate foot temperature (all three layers)

**Machine Washable** - Stay fresh longer

**Odor Reducing** - Natural fresh scent

**Anti-Fungal, Anti-Bacterial, Anti-Perspiration**

**Silver Ion Anti-Microbial Technology** - Anti-Microbial agent that Inhibits germs AND kills bacteria. (coming soon)

**DUAL LAYERED Memory Foam Technology**



## About Memory Foam

**Memory foam's** unique material and cellular structure is completely different than that of regular foam. It is made up of billions of high density visco-elastic memory cells that are both temperature and weight sensitive. It becomes softer in warmer areas and in areas of high pressure (where your body is making the most contact with the surface) and remains firmer in cooler areas (where there is less body contact).

This allows memory foam to absorb and flow evenly as it follows your body's every curve, providing maximum comfort and support where it is needed the most.

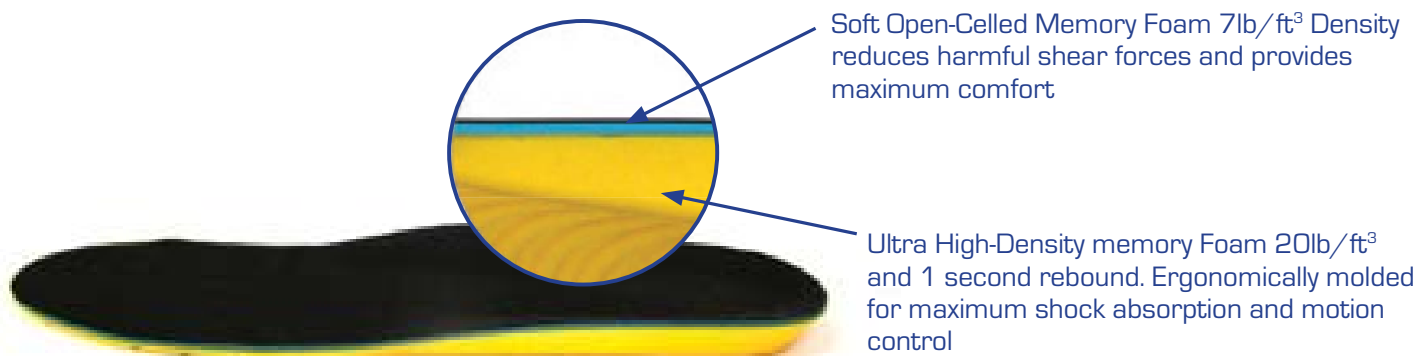


## MEGAComfort's Unique Dual Layer Memory Foam Technology

### Over 10 years of research & development

All MEGAComfort products are uniquely designed using a patent pending combination of high density DUAL LAYERED memory foam. The dual layers compress together and gently rebound with every step of the walking cycle.

All MEGAComfort insoles contain only 100% high density MEMORY FOAM with no cheap fillers or additives and are machine washable



## The MEGACOMFORT product family

### *Personal* **Anti-Fatigue Mat™**

- **ANTI-FATIGUE MATTING IN YOUR BOOTS**
- For Maximum Shock Absorption and Comfort
- For Industrial and Extra Depth Footwear.



### *Personal* **Anti-Fatigue Mat™ ESD**

- **ESD ANTI-FATIGUE MATTING IN YOUR BOOT!**
- For Maximum Shock Absorption, Comfort and Anti-Static Control
- For Anti-Static and Extra Depth Footwear.



## The MEGAComfort product family

### MEGASole™

- With MEGAGel Visco Technology
- For Optimal Fit and Everyday Comfort
- For Casual and Leisure Footwear
- New and Improved



### MULTI Thotic™

- 3 in 1 Comfort Orthotic System
- Multiple Orthotic Supports Without Compromising Comfort
- Extra Support and Enhanced Performance
- For All Footwear & Orthotic (Arch Support)
- Rx Pack - Optional Add On Wedging Options\*  
(Available through Medical Professionals ONLY)



## Personal Anti-Fatigue Mat

For Maximum Shock Absorption  
& Maximum Comfort

### Additional Features

- Soft contoured arch support
- Extra deep semi-hexagonal heel cup

### Proven Benefits

- Decreases foot, knee and back pain
- Reduces muscle fatigue
- Increases balance reactions
- Increases comfort and well-being
- Increases productivity
- Cost effective replacement of anti-fatigue floor matting
- Enhanced durability and wear for all 3 layers
- Memory foam compresses for safe clearance in safety footwear

Cost Effective alternative to anti-fatigue floor matting

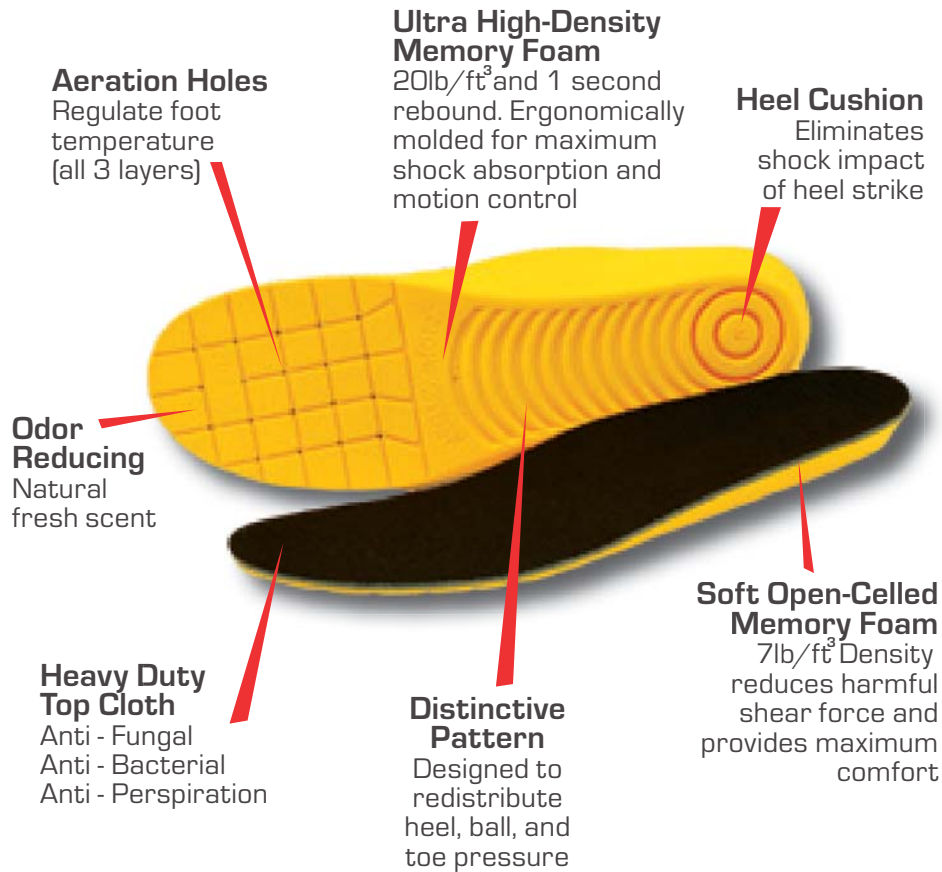


**ANTI-FATIGUE MATTING IN YOUR BOOTS**

## Personal Anti-Fatigue Mat For Industrial & Extra Depth Footwear

**Coming Soon...  
NEW!!**  
**Treated with Silver Ions**

A powerful anti-microbial agent that inhibits germs AND kills bacteria



**ANTI-FATIGUE MATTING IN YOUR BOOTS**

## Personal Anti-Fatigue Mat ESD For Maximum Shock Absorption & Maximum Comfort

### Additional Features

- Soft contoured arch support
- Extra deep semi-hexagonal heel cup
- ESD Threads Provide proven electro-static dissipation

### Proven Benefits

- Decrease foot, knee and back pain
- Reduces muscle fatigue
- Increase balance reactions
- Increase comfort and well-being
- Increase productivity
- Cost effective replacement of anti-fatigue floor matting
- Enhanced durability and wear for all 3 layers
- Memory foam compresses for safe clearance in safety footwear

Meets or exceeds ASTM standards



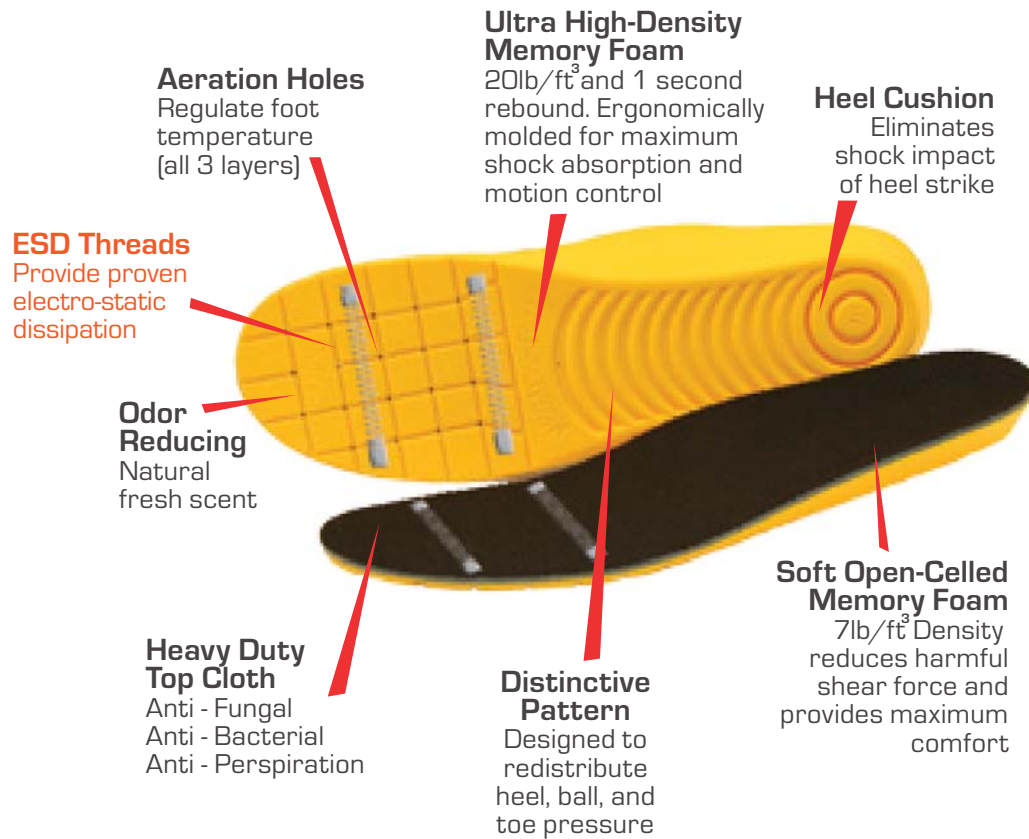
**ANTI-FATIGUE MATTING IN YOUR BOOTS**

## Personal Anti-Fatigue Mat ESD For Anti-Static & Extra Depth Footwear

**Coming Soon...  
NEW!!**

**Treated with Silver Ions**

A powerful anti-microbial agent that inhibits germs AND kills bacteria



**MEGASole** For Optimal Shock Absorption & Everyday Comfort

## Additional Features

- **MEGAGel Visco Technology**
- For vibration reduction and added heel and arch cushioning
- New and improved
- Available in 6 Unique Sizes with 3/4 Trim Line
- Gel Enhanced Shock Absorption
- Streamlined Design for a Better Fit in most Footwear

## Proven Benefits

- Decreases Foot, Knee and Back Pain
- Reduces Muscle Fatigue
- Enhanced Durability and Wear for all 3 Layers
- Increases Comfort and Well-Being

Gel enhanced vibration reduction



# MEGASole For Casual & Leisure Footwear

## Optimal Fit

**Coming Soon...  
NEW!!**  
**Treated with Silver Ions**

A powerful anti-microbial agent that inhibits germs AND kills bacteria



## MULTI-Thotic 3 IN 1 COMFORT ORTHOTIC SYSTEM

# MULTI Thotic™

Cost Effective Initial Replacement  
to Custom Made Orthotics

### Additional Features

- Maximum Comfort Dual Layered Memory Foam Technology\*
  - Ergonomically Designed Stand-Alone Insole Base
  - Extra Deep Semi-Hexagonal Heel Cup
  - Soft and Durable Anti Microbial Top Cloth
  - ¾ Trim Line\*
  - First Ray Cut Out
  - Insole Base - Machine Washable
  - 2 Pairs of Interchangeable Re-attachable Orthotic Devices\*
  - Heat Mouldable Medical Grade Polypropylene
  - Neutral Balance Support Bar
  - Rx Pack – Optional Add On Wedging Options\* (Professionals ONLY)
- \* Patent Pending

### Proven Benefits

- Decreases Foot, Knee and Back Pain
  - Reduces Muscle Fatigue
  - Ergonomically Designed by a Podiatrist
  - Increases Balance Reactions
  - Increases Comfort and Well Being
  - Increases support and performance without compromising comfort
- \*\* If you are a diabetic, suffer from chronic foot pain, persistent joint problems, have numbness in your feet or circulation problems, please check with your Medical Professional before wearing MULTI Thotics

# MULTI-Thotic 3 IN 1 COMFORT ORTHOTIC SYSTEM

**Coming Soon...  
NEW!!**

**Treated with Silver Ions**

A powerful anti-microbial agent that inhibits germs  
AND kills bacteria

## Aeration Holes

Regulate foot temperature  
(all 3 layers)

## Odor Reducing

Natural fresh scent

## Soft Durable Top Cloth

Anti - Fungal  
Anti - Bacterial  
Anti - Perspiration

## Soft Open-Cell Memory Foam

7lb/ft<sup>3</sup> Density  
reduces harmful shear force and provides maximum comfort

## Heel Cushion

Eliminates shock impact of heel strike

## Ultra High-Density Memory Foam

20lb/ft and 1 second rebound. Ergonomically molded for maximum shock absorption and motion control

## 3/4 Trim Line

For a better fit in casual and dress footwear

## Neutral Balance Support Bar

## Choose & Alternate

Between two different levels of Orthotic support (included with purchase)

**\* Further customization available through a medical professional**



## MULTI-Thotic For Extra Support and Enhanced Performance

# MULTI-Thotic™

## Extra Support

The MULTI-Thotic is a 3-in-1 Comfort Orthotic System that provides optimal and adaptable comfort and shock absorption while at the same time varying degrees of heel support, arch support, and motion control depending on foot type, footwear, activity level, and other factors.

While each person may have a different foot type classification, their footwear or activity also influences/changes what kind of support level they require. The Multi-Thotic gives flexibility and choice to everyone. All pieces are inclusive at purchase and interchangeable thereafter.

*The MULTI-Thotic also helps control abnormal foot motions, which can lead to the development of bunions, hammertoes, heel spurs, plantar fasciitis, Achilles tendonitis, metatarsalgia, neuromas, ankle, knee, hip, and back pain.*

Multiple orthotic supports  
without compromising comfort

## Choose your level of support

### Light Green arch support

For flexible support (using medical grade polyethylene)  
Recommended for medium/regular arch type

### Dark Green arch support

For Rigid support (Using medical grade polypropylene)  
Recommended for low arch/pronation support

### Insole base only. (No add on pieces)

For Cushioned arch support only  
Using Dual Layered Memory Foam Technology



### Know your foot type & Choose your Level of Support

While recommendations of rigidity are based on foot type, each person may have their own personal preference. The advantages with the 3 in 1 Comfort Orthotic System is you can change and alternate what combination gives you the best results.

The human foot can be subdivided into three major classifications based on arch type:

1. Low arched foot (flat planus foot)
2. Medium arched foot
3. High arched foot (cavus foot)

#### 1. Low Arch

Referred to as “pes planus” is a condition where the arch is reduced or not present and the entire soles of the feet touch the ground. Low arch feet are typically flexible, over-pronated feet in which the foot rolls inward and the arch collapses under the weight of the body. Extra support is required. As a result, over pronation often leads to plantar fasciitis, heel spurs, medial knee discomfort, posterior tibial tendonitis (shin splints) and/or bunions. Typically a rigid support is preferred. (Dark Green Orthotic piece + insole base)

#### 2. Medium Arch

Individuals with medium arch feet have a higher arch than a flat foot and are usually biochemically efficient. However, individuals with medium arches are still susceptible to pain and other problems as a result of everyday stress and strain. Typically a flexible support is preferred. (Light Green Orthotic piece + insole base)

#### 3. High Arch

Referred to as “pes cavus” feet feature an extremely elevated arch. These feet are supinated with the heel and toes turning slightly inward and are usually rigid or semi rigid. The resulting poor shock absorption can lead to repetitive stress problems, including pain in the knees, hips, and lower back. Foot problems often develop in the heel and forefoot such as “plantar fasciitis, arch strain, metatarsalgia, and claw toes. Typically a cushioned vs. rigid support is preferred.

(Insole base Only)

While recommendations of rigidity are based on foot type each person may have their own personal preferences. The advantage with the 3 in 1 Comfort Orthotic System is YOU can choose your and alternate what combination give you the best results.

## The Choice is Yours!

The different types of footwear themselves can be as diverse as the feet they surround, ranging from high heel shoes, to high top sneakers, to steel-toed safety boots and everything in between.

### Activities, Footwear and other changes

Each type of footwear style brings with it a certain level or lack of comfort, fit, cushioning, shock absorption, support, and motion control which can affect which arch support is most comfortable and appropriate.

In the same way, high impact activities on unforgiving surfaces usually require additional shock absorption.

The human foot can also change over time. Age, pregnancy, substantial change in weight, other systemic medical conditions, or even trauma are all factors that can cause the foot to change or function differently, and consequently require different levels of cushioning and support.

*While each person may have a different foot type classification, their footwear or activity can also influence, or even change the level of support they require. The MULTI-Thotic gives this flexibility and choice to everyone.*

### FOOT CARE

Improperly fitting shoes or boots may cause or aggravate blisters, bunions, corns, calluses, hammertoes, and many other disabling foot disorders.

#### Advice for better shoe and boot fitting

- Do not expect that footwear which is too tight will stretch with wear.
- The widest part of the shoe equals the widest part of the foot.
- Have both feet measured when buying shoes. Feet normally differ in size.
- Buy shoes to fit the bigger foot.
- Buy shoes late in the afternoon when feet are likely to be swollen to their maximum size.
- Your feet normally swell and become larger after extended periods of standing or sitting.
- Ask a Physician's advice if properly fitting shoes are not available.
- A worn down shoe/boot may throw your foot off balance. Shoes/boots in general have a 500 mile lifespan and should be replaced every six months. Insoles should also be replaced at this time.
- Consider using MEGAComfort Insoles where your job requires walking or standing for long periods of time.

## Research & Development

### Clinical Study

EMG Muscle activity of an insole program in a manufacturing environment using MEGAComfort insoles.

**Type of Employee:**

Manufacturing employees at a large United States Toy and Games Manufacturer

**Type of Floor:**

Concrete Flooring

**Type of Work:**

Primary tasks involved static and dynamic standing postures for 60% – 90% of their workday

**Previous Testing:**

MEGAComfort Insole Program over a 2 year period which showed a significant reduction in pain while working on concrete floors. This was based on subjective feedback. The purpose of the additional clinical study is to clinically prove the effectiveness in order to further motivate the success of this program: Benefits for the employee as well as a proven cost benefit initiative for the employer

**Purpose of the study:**

Workers complain of foot, knee, hip and lower back pain, especially when standing for long periods of time.

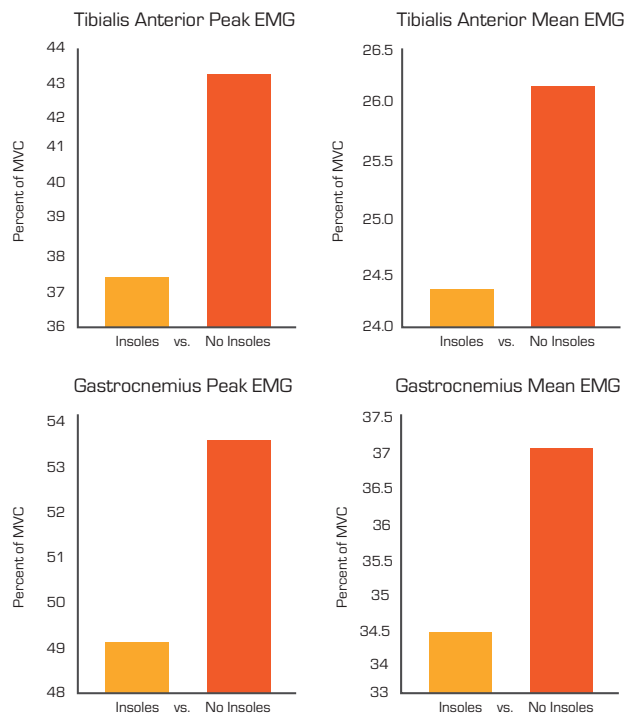
The study evaluated the effects of an insole program on lower leg EMG muscle activity in the manufacturing setting.

An electromyography (EMG) is used to investigate lower leg muscle responses with and without insoles while performing similar work related tasks on the manufacturing concrete floors.

**Study Conducted By:**

Professor Patrick Carley et al. American International College, Springfield, MA

### Excerpt from study abstract



“The 43 randomly selected employees participating in the EMG study demonstrated a reduction in muscle activity for both the Tibialis Anterior and Gastrocnemius muscle groups with the EMG data revealing an overall reduction in lower extremity muscle activity by 9.6 percent. More specifically, there was a statistically significant 13.7 percent reduction for peak Tibialis Anterior to 8.8 percent for Gastrocnemius using only the insoles from the insole program. The cumulative affect of reducing lower leg muscle activity complied daily, weekly, and annually can have an obvious beneficial benefit to employees exposed to prolonged standing postures. Implications from the study suggest that other manufacturing, hospitality, and service industry settings consider the initiation of an insole program for those employees required to stand for at least 60 percent of their workday.”

## Research & Development

### Matting vs Insoles Study

Understanding balance reactions imposed by different floor mats and insoles

Presented by John Amell, Kevin Costello and Dr. Patrick Carley  
at the National Ergonomics Conference - Las Vegas November 2010

#### Purpose :

“To investigate the influence of three different ergonomic mats and insoles on an individual’s:

- Multidirectional reaction time
- Movement velocity
- Initial endpoint excursion
- Maximum excursion
- Directional control
- While being challenged at 100 % of one’s limits of standing stability”

#### Conclusions:

Balance and Productivity can be affected positively by placing something between an employee and the ground. Materials of softer densities or durometers are better than hard or very firm materials. Having cushioning as close to the foot surface (for example an insole) is better for balance than if it is placed under the shoe (for example floor matting).

**New Science proves that Insoles are Superior to Matting and that Softer Insoles are the Best!**

## Research & Development

### Balance Reaction Study

Comparison Study of the 5 leading Industrial Insoles based on Personal Preference and Balance Reactions

By Professor Patrick Carley et al. American International College, Springfield, MA

#### Study Purpose:

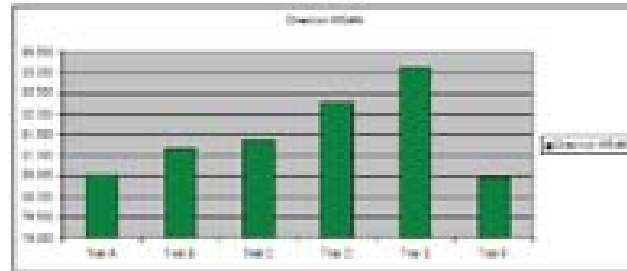
To measure the relationship insoles have on dynamic standing balance reactions.

#### Study Method:

The subjects' balance reactions were all challenged in eight different directions at the maximum of 100% of an individual's limits of standing stability.

#### Results:

MEGAComfort Insoles would be the best choice for standing job tasks requiring specific key strokes, accuracy of placing parts, task accuracy productivity, and fine motor activities involving the hands.



The directional control of the subjects while standing on different insoles made of different materials.

**Trial E is the MEGAComfort PAM Insole**

### MEGAComfort Insoles Preferred over Competition!

MEGAComfort Insoles ranked the highest in level of firmness, shock absorption, affect on balance, arch support and breathability and comfort.

## Corporate Benefits

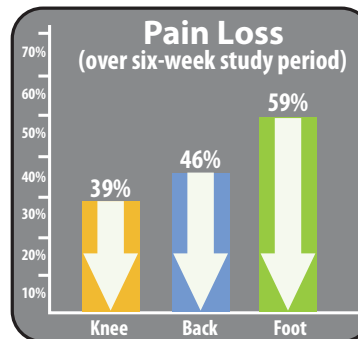


### Increases

- Performance and productivity
- Comfort and well being
- Workplace health and safety
- Balance reactions

### Decreases

- Injury rates and medical costs
- Foot, knee, hip, and back pain
- Muscle fatigue



\* results from a field test pilot program

Add more **sole** to your footwear safety program

## COST SAVINGS

### Based on a 250 Employee Facility

#### “Brand Name” Anti-Fatigue Floor Mat

3 foot X 5 foot (average workstation area)

- cost \$ 180.85

$\$180.85 \times 250 \text{ employees} = \$ 45,212.50$

#### MEGAComfort PAM Insole

1 pair - cost \$ 24.95

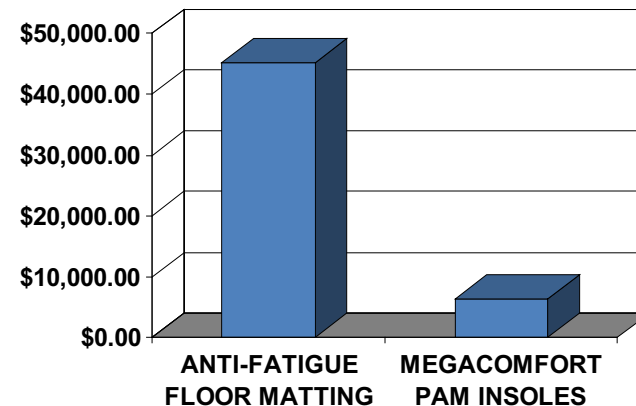
(before Corporate Discount)

$24.95 \times 250 \text{ employees} = \$ 6,237.50$

#### TOTAL COST SAVINGS USING MEGACOMFORT INSOLES

$\$ 45,212.50 - \$ 6,237.50 = \$ 38,975.00$

**TOTAL SAVINGS**  
**\$ 38,975.00**



## Advantages over Standard Anti-Fatigue Floor Matting

**MEGAComfort Insoles represent a superior and cost effective alternative for the selective relocation and/or replacement of expensive anti-fatigue floor matting.**

### **Lower Costs & Maintenance**

Costs are considerably lower than for floor mats and require less maintenance and are easy to clean (machine washable)

### **Personalized Comfort Zone for ALL workers (Stationary & Mobile)**

Floor matting can only be used at stationary workstations and does not address mobile or outdoor work settings.

MEGAComfort Insoles are more effective because they work inside the footwear, in direct contact with the feet and body. The dynamic customization of MEGAComfort's dual layered memory foam give them an unmatched personal touch. Unlike standard anti-fatigue floor matting, each and every employ can now have their own individual personalized comfort zone everywhere they go.



## Advantages over Standard Anti-Fatigue Floor Matting

### Reduce the Risk from Slips and Falls

Standard floor matting increases the likelihood of slips, trips and falls due to raised edges.

### Easy to Install & Implement

MEGAComfort Insoles require no installation and can be implemented instantly.

### Clinically Proven to Reduce Fatigue

MEGAComfort Insoles provide **direct contact** with the feet and body and therefore are far more effective than the standard anti-fatigue floor mats at reducing muscle strain, improving balance reactions and increasing blood circulation.

### Transition away from Anti-Fatigue Floor Mats

We can help your company make that logical transition away from anti-fatigue floor mats to this safer, employee responsive, cost effective change. Based on proven research methods, a Pilot Test Program can be established for your company to help calculate the responses and benefits for the Personalized Anti-Fatigue Mat (PAM) Insoles inside your employees' footwear.



## Advantages over Standard Anti-Fatigue Floor Matting

### Perfect for the Workplace

MEGAComfort Insoles with their distinctive patent pending characteristics meet all product safety standards, making it the perfect application for the workplace especially in the manufacturing, laboratory, warehouse, maintenance, service, health care, construction, military and retail industry, to name a few.

### Ultimate Ergonomic Solution

MEGAComfort Personal Anti-Fatigue Mats are the ultimate ergonomic solution for any individual standing or walking more than Two hours a day on any hard surface. It is the ultimate ergonomic solution for employees in the workplace as a viable cost-effective alternative to standard anti-fatigue matting or for areas that cannot have floor mats, where replacement costs of existing anti-fatigue matting has become too high or where risk of injuries from trips and falls has become too great.



## Testimonials

“We began testing the insoles as part of our Industrial Ergonomics Program. We collected positive data and received great feedback through the C.L.U.E. surveys. We now include them as part of our Safety Shoe Program; employees will receive one pair of insoles a year (paid for by our company).”

**- Elizabeth M.  
Corporate Ergonomics Specialist**

“We had employees from all three tours sample the mega insoles. We handed out surveys on how employees felt before they used mega insoles and another survey after two weeks. The outcome/results were great, employees were very happy with the insoles. Those who were complaining about back, hip, and foot problems said they felt a difference by using the insoles.”

**- Richard R.  
Union Safety Representative**

“After wearing your MEGAComfort megaorthotics for two weeks, I can say without hesitation that these create the most wonderful support and comfort to my feet. Having worn custom orthotics all my life, its quite a delight to have found an orthotic that is not hard and uncomfortable for the special needs of my feet. I get the added benefit of happier knees and overall great support to the rest of my body. Thank you for designing such a phenomenal orthotic with supports you can switch out to wear as either heavy duty or for casual wear.”

**- Annabelle P.**

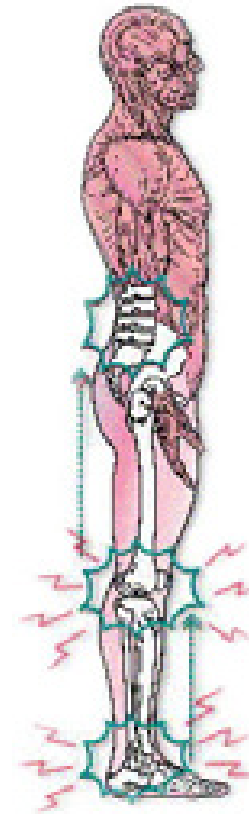
“I received a pair of your inserts before being deployed to Katrina and loved them.”

**- Dennie L.**

## The Need for Shock Absorption at the Feet

### Feet are the Foundation of the Body

- The weight bearing portion of the body while in the standing position is the foot. This also represents the foundation upon which the knee, hip and back will be affected long term.
- At the same time any lack of shock absorption at the level of the feet allows the force from heel strike to make its way up the body like a shock wave with every step.
- The harder and more unforgiving the floor or ground surface the greater the shock wave.
- All the joints and muscles from the ankles to the knees to the hips and the back will also feel the effects of this added pounding.



## Fun Foot Facts

- Seventy-five percent of us will experience foot health problems of varying degrees of severity at one time or another in our lives.
- Each foot usually contains twenty-six main bones—plus an extra pair of small ones known as sesamoids, for a total of 28. This makes up around one quarter of all the bones in your body. There are also 33 joints, 107 ligaments, 19 muscles and tendons.
- There are approximately 250,000 sweat glands in a pair of feet, and they excrete as much as half a pint of moisture each day.
- Women have about four times as many foot problems as men; lifelong patterns of wearing high heels and other inappropriate shoes are the primary cause.
- Your two feet strike the ground a combined total of about 1,800 times in the average mile of walking.
- When you walk, the forces borne by your feet are about one and one-half times your body weight. When you're running, it can be three or four times your weight. When you jump, forces can exceed eight times your body weight.
- The average person takes 8,000 to 10,000 steps per day. That's equivalent to a combined total of about 5 miles of walking accumulated through the day, or about 115,000 miles in a lifetime. That's more than four times the circumference of the globe. And it's a distance nearly half way from the earth to the moon.
- Walking is the best exercise for your feet. It also contributes to your general health by improving circulation, contributing to weight control. and promoting all-around well being.

## INSTRUCTIONS FOR USE - FOR ALL PRODUCTS

1. Remove existing insole from footwear. (recommended) →



2. Place MEGAComfort insoles in footwear: →

- **YELLOW SIDE DOWN**
- **CLOTH SIDE UP**



### Optional Feature (**Multi-Thotic** & **MEGASole**)

Using sharp scissors, cut along either the size trim line or the 3/4 trim line for better fit where necessary.



## MULTI-Thotic INSTRUCTIONS FOR USE

# MULTI Thotic™

**Match** the support piece to the outline indicated on the bottom of the yellow memory foam base, allowing the Velcro strips to match together.

**Attach** the base and the selected support device together. Firmly apply pressure to make the support device and insole base one cohesive unit.

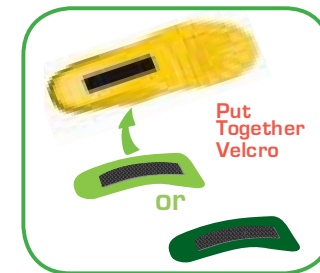
**Ensure** that the right (R) support device matches the right yellow base. This is made clear if you match the outline on the base to the support device.

**Follow** the same procedure outlined above for the left foot.

### Choose your level of support options

1. Insole base ONLY, no support device.  
Cushion support only
2. Light Green support piece, for flexible support + insole base
3. Dark Green support piece, for rigid support + insole base

The support devices reattach so they are interchangeable at any time



**\*\* If you are a diabetic, suffer from chronic foot pain, persistent joint problems, have numbness in your feet or circulation problems, please check with your Physician before wearing MULTI-Thotics.**

**For more information on our  
products and a list of our  
National Distributors  
please visit our website**

**[www.megacomfort.com](http://www.megacomfort.com)  
[info@megacomfort.com](mailto:info@megacomfort.com)**