



# ACTIVE ICE® 3.0 COLD THERAPY SYSTEM WATER COOLING OPTIONS

Many of our customers find using **frozen water bottles** in their Active Ice® 3.0 Cold Therapy System to be convenient, easy, inexpensive and effective. You can use up to six (6) frozen 500 ml (16.9 fl oz) bottles in our 9-quart cooling reservoir, and up to twelve (12) frozen bottles in the 16-quart cooling reservoir. The frozen water bottles last a long time and there is no need to empty water from the system after each use. Just remove the bottles and re-freeze.

You can also use **frozen plastic containers of water**. The food storage containers we use holds 1 quart of water. Remove the container from the freezer and run under hot water to loosen the block. Once loose, add just the frozen ice block to the cooling reservoir, using as many as will fit.

**But, ice of any form or size will work!** Just remember to use plenty of ice and to empty the excess water down to the water fill line before reuse. Excess water shortens the cooling time.

**NOTE: ALWAYS LEAVE ENOUGH WATER IN THE RESERVOIR TO COVER THE PUMP. MAKE SURE YOUR WATER LEVELS ARE AT THE WATER FILL LINE. REMOVE LABELS FROM WATER BOTTLES.**

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