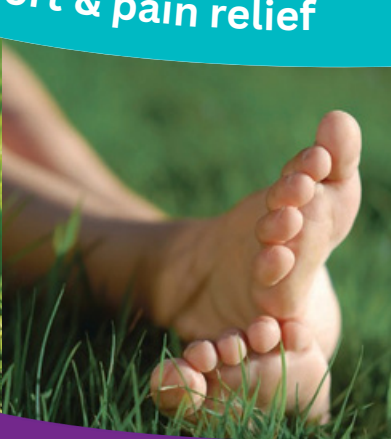


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*supplies*

2024

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PROFESSIONAL TEAM

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# METATARSAL PADS

## pedigel Metatarsal Band



Elasticated stockinette forefoot band with integrated Pedigel polymer gel pad.

CH8 Small (per pair)	£18.65
CH9 Large (per pair)	£18.65

## Leather Toe Bolster

Shaped microcellular rubber covered in chamois leather with an elastic toe loop. Supports and straightens the toes reducing pressure and friction at the tips easing painful corns.



C50 Small (per pair)	£7.50
C51 Medium (per pair)	£7.50
C52 Large (per pair)	£7.50
V50 Small (Value 2 pairs)	£14.25
V51 Medium (Value 2 pairs)	£14.25
V52 Large (Value 2 pairs)	£14.25
SVP1 Small (Super value 3 pairs)	£20.25
SVP2 Med (Super value 3 pairs)	£20.25
SVP3 Large (Super value 3 pairs)	£20.25

# PEDIGEL™

An ideal dressing for the foot to relieve pain from pressure and friction incorporating an advanced polymer gel material containing mineral oil which softens and lubricates when next to the skin. Pedigel is soothing, hypoallergenic and non toxic.

## pedigel Digital Pad

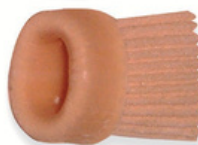
Elasticated tube with circular Pedigel pad.



CH10 Small (2 pack)	£5.25
CH11 Medium (2 pack)	£5.25
CH12 Large (2 pack)	£5.25
V10 Small (Value pack x4)	£9.95
V11 Medium (Value pack x4)	£9.95
V12 Large (Value pack x4)	£9.95

## pedigel Digital Tube

Elasticated tube with a Pedigel lining. Cut to size.



CH55 Small (15cm length)	£10.25
CH56 Medium (15cm length)	£10.25
CH57 Large (15cm length)	£10.25
V55 Small (Value pack x2)	£19.50
V56 Medium (Value pack x2)	£19.50
V57 Large (Value pack x2)	£19.50

# BUNION PROTECTORS

## pedigel Digital Strip



Elasticated stokinette tube half coated with Pedigel. Cut to size.

CH53 15mm wide/36cm length	£16.50
CH58 20mm wide/36cm length	£16.50
CH54 25mm wide/36cm length	£16.50

## pedigel Digital Cap



Elasticated closed end tube with a Pedigel lining.

CH16 Small (2 pack)	£8.75
CH17 Medium (2 pack)	£8.75
V16 Small (Value pack x4)	£16.25
V17 Medium (Value pack x4)	£16.25

## pedigel Digital Tip Cap



Elasticated closed end tube lined with Pedigel at the tip only.

CH18 Small (2 pack)	£8.75
CH19 Medium (2 pack)	£8.75
V18 Small (Value pack x4)	£16.25
V19 Medium (Value pack x4)	£16.25

*If a bunion is red, swollen and painful, seek advice from a healthcare professional.*

## pedigel Gel Bunion Sleeve



Soft, elastic fabric bunion sleeve that provides immediate relief from bunion discomfort.

HV6 One size	£8.85
--------------	-------

## pedigel Bunion Pad



100% Pedigel pads with toe loop offer protection for painful bunion joints. Take up very limited room in the shoe.

HV4 Thin (one size)	£5.80
---------------------	-------

# 100% PEDIGEL™

Soothing to wear, these products release mineral oil to soften the skin, helping to prevent shearing stress.

## pedigel Toe Spreaders



Toe protection from overlying or arthritic toes.

CH25 Small (2 pack)	£5.50
CH23 Medium (2 pack)	£5.50
CH24 Large (2 pack)	£5.50

## pedigel Toe Separators



CH20 Small (4 pack)	£6.25
CH21 Medium (4 pack)	£6.25
CH22 Large (4 pack)	£6.25
V20 Small (Value pack of x 8)	£11.50
V21 Medium (Value pack x 8)	£11.50
V22 Large (Value pack x 8)	£11.50

## pedigel Cap



Thick gel cap covers entire toe giving complete protection and relief from pain.

CH33 Small (4 pack)	£12.50
CH26 Large (4 pack)	£12.50

## pedigel Pad



Thick gel tubular pad to cover and protect joints on toes from corns, pressure and friction.

CH27 Small (4 pack)	£7.95
CH28 Large (4 pack)	£9.50

## pedigel Tube



Thick gel open ended tube to cover and protect length of toe.

CH29 Small/8cm length (2 pack)	£8.50
CH30 Large/8cm length (2 pack)	£8.95

## pedigel Toe Props



CH31 Small (2 pack)	£7.75
CH32 Large (2 pack)	£7.95
V41 Value pack 4 x small	£14.50
V42 Value pack 4 x large	£14.50
SVP4 Small (super value 3 pairs)	£21.25
SVP6 Large (super value 3 pairs)	£21.25

# SHOE INSERTS

For further advice on choosing an orthotic please call us on 0800 1777 734

Prolyne silicone insoles and supports create superb relief for painful feet providing shock absorption and cushioning.

## Gel Lined Insoles



Full length insole to fit all types of footwear. Ripple design over metatarsals and heel helps to alleviate pain by reducing pressure and impact while walking.

FL1 Cut to size	£14.95
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*For full details browse our website*

## Pressure Relief Insoles



Microcellular rubber material absorbs shock from sole and heel strike. Cut to size.

C57 (Per pair)	£8.95
V61 (Value pack 2 pairs)	£17.25

*New orthotics should be worn 2-3 hours a day for a few days to establish a comfortable fitting.*

*If your shoe has a removable insole replace with your new Orthotic.*

*Laced shoes or trainers will always be preferable.*

# SHOE INSERTS

*Where possible always wear lace up shoes if an orthotic is indicated.*

## prolyne Leather Covered $\frac{3}{4}$ Arch Supports

Suitable for flat (valgus) feet. Reinforced, leather covered thermoplastic semi-rigid shell insoles designed to support the instep and relieve pain. Fit most types of shoes.



H14	36/37 – 2-3	(per pair)	£15.75
H15	38/39 – 4-5	(per pair)	£15.75
H16	40/41 – 6-7	(per pair)	£15.75
H17	42/43 – 8-9	(per pair)	£15.75
H18	44/45 – 10-11	(per pair)	£15.75

*For Salford insole, Tuli's and Sorbothane products see our website [www.footcaresupplies.com](http://www.footcaresupplies.com)*

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

# SHOE ORTHOTICS

To see our full range of orthotics with detailed description visit [www.footcaresupplies.com](http://www.footcaresupplies.com)

## Langer Bio-advanced

Langer Bio-Advanced is a range of superior EVA insoles available in low, medium and high densities both in full and  $\frac{3}{4}$  lengths. **Low density** – Provides durability while offering moderate control and high levels of shock absorption. **Medium density** – An all round device offering medium support, control and shock absorbency for sporting and everyday activities. **High density** – Firm and hard wearing for maximum control and correction. All these insoles offer excellent biomechanical support with the following characteristics:

- 4 degree intrinsic rearfoot support
- Contoured arch support
- Metatarsal support
- Antimicrobial top cover
- Trim lines on full length insoles



Low density



Medium density



High density

**State density (low, medium or high), shoe size and product code when ordering.**

XS (3-4.5), S (5-6.5), M (7-8.5), L (9-10.5), XL (11-13)

LANFL Full Length	£49.95
LANHL $\frac{3}{4}$ Length	£48.95

## Full Length Bio-Soft & Bio-Soft Plus

Langer Bio-Soft and Bio-Soft plus are dual density cushioning polyurethane insoles. The Langer Bio-Soft insole integrates a wipeable polyurethane top cover, whilst the Bio-Soft plus insole is finished with a memory foam top cover. Delivering incomparable levels of comfort and shock absorbency make Bio-Soft perfect for use during sporting activities with Bio-soft plus providing additional cushioning. The devices incorporate two 'soft spots' to offload the most vulnerable areas of the foot, making them perfect for rheumatoid and diabetic patients.



Bio-Soft



Bio-Soft Plus

Incorporates a memory foam top cover for a custom contoured fit

- Perfect for patients with 'at risk' feet
- 4 degree intrinsic rear foot support
- Calcaneal (heel) soft spot
- Contoured arch profile
- Forefoot soft spot
- Shock absorbing polyurethane

**State product code and shoe size when ordering.**

XS (3-4.5), S (5-6.5), M (7-8.5),  
L (9-10.5), XL (11-13)

LANFLBS Bio-Soft	£48.50
LANFLBP Bio-Soft Plus	£49.50

## Footactive Orthotics

Help improve body posture and help provide effective relief from heel pain and heel spurs, plantar fasciitis, ball of foot pain, achilles tendonitis, shin splints, knee pain and low back pain.

### Footactive Comfort (Strong support & cushioning)



Full length

Suitable for all sports activities. Firm density supportive EVA with a 2mm Durapontex top layer. **State shoe size when ordering.**

FG1 Comfort (per pair)	£23.95
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### Footactive Casual (Medium support & cushioning)



3/4 length

Orthotic arch support suitable for men's footwear and wider women's footwear. Medium supportive density EVA with a soft 2mm Durapontex layer. **State shoe size when ordering.**

FG7 Casual (per pair)	£21.95
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### Footactive Sensi



Where cushioning is required and for people with diabetes, arthritis and poor circulation. Anatomical arch support, deep stabilising heel cup, metatarsal support, Plastazote non-allergic cushioning top layer, flexible yet supportive polyurethane base, shock absorbing heel and forefoot pads. **State shoe size when ordering.**

FGS1 Sensi (per pair)	£24.95
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# SHOE ORTHOTICS

## Powerstep®

Offer extra firm arch support, a stabilising heel cradle and a double-layered cushion insole incorporating an antibacterial fabric top cover.



**Specify shoe size when ordering.**

PS1 Ladies full length (pair)	£27.50
PS2 Mens full length (pair)	£27.50
PS3 Ladies ¾ pinnacle (pair)	£27.50
PS4 Mens ¾ pinnacle (pair)	£27.50

## Powerstep® Pinnacle

Offering unexcelled comfort this prescription-like orthotic is sealed in two layers of foam and covered in a heat and slip reducing antibacterial and antifungal fabric. Its firm arch support and deep heel cradle relieves heel and arch pain and can help knee and lower back pain by eliminating excessive inward rolling motion of the foot. Indicated in the treatment of plantar fasciitis and forefoot pronation.



**Specify shoe size when ordering.**

PS5 Ladies (per pair)	£37.75
PS6 Mens (per pair)	£37.75

## Powerstep® Pro

To re-order please contact us for full details.  
**Specify shoe size when ordering**

PS7 Pair	£37.75
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# PROLYNE TECHNOGEL®

This advanced polyurethane self-adhesive soft gel adapts to skin contours. Alleviates pain, absorbs shock and cushions feet. Well tolerated on the skin and can be repeatedly washed while retaining its adhesive properties. The material keeps its elastic-mechanical properties for a considerable time.

- Protection from pressure and shearing
- Reusable – keep shape, thickness and stay sticky!
- Washable and hypoallergenic

## prolyne Pressure Protection Pads

Alleviate pressure and friction caused by footwear on any part of the foot.

PG3 One size (2 pack)	£9.45
PG4 One size (4 pack)	£17.55

*Prolyne Technogel – Exclusive  
to Foot Care Supplies*

PG1 &  
PG2

PG3 &  
PG4



## prolyne Metatarsal Pads

Anatomically shaped to alleviate pain from metatarsalgia, corns and callous and improve toe function. Help elevated and clawed toes to straighten. Mimic the bodies natural fibro fatty padding. Invaluable in the treatment of ball of foot pain, plantar fasciitis, corns, callous and Morton's neuroma.

PG1 One size (2 pack)	£9.65
PG2 One size (4 pack)	£18.10

PG1 &  
PG2

*Prolyne Technogel  
advanced formulation  
for the relief of pain*

For further help and advice in using  
Prolyne Technogel Gel Products  
please call our helpline on  
0800 1777 734

PG3 &  
PG4

## prolyne Callous Cushions



ProLyne Gel callous cushions offer superb comfort along with effective pain relief from sore feet.

TG1 Callous Cushion (2 pack)	£10.75
TG1a Callous Cushion (4 pack)	£19.55

## prolyne Corn Pads



ProLyne Gel corn pads offer superb comfort along with effective pain relief from sore feet.

TG2 Corn Pads (12 pack)	£10.99
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*Order online at  
[www.footcaresupplies.com](http://www.footcaresupplies.com)*

# HEEL PROTECTION

## prolyne Blue Dot Heel Cup



Made from 2 different densities of silicone, soft and firm for an additional cushioning zone.

FS5 3-5 (per pair)	£19.65
FS6 6-8 (per pair)	£19.65
FS7 9-11 (per pair)	£19.65

## prolyne HeelTech



ProLyne HeelTech a positive approach to the treatment of heel problems. Prolyne Technogel heel pad alleviates heel pain caused by **plantar fasciitis** and injury. HeelTech is a self adhesive polyurethane gel that can be repeatedly reapplied after washing. Invaluable in treating heel fissures.

HT1 One size (2 pack)	£8.95
HT2 One size (4 pack)	£16.50

For Tuli's products check our website [www.footcaresupplies.com](http://www.footcaresupplies.com)

# SPLINTS

## prolyne Hammer Toe Splint



Designed to relieve the discomfort of hammer toes. The adjustable first loop slides over the toe for a comfortable realignment. Fits in all footwear styles.

H1 One size	£6.95
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**prolyne**  
TECHNOGEL

Creative Foot Care Technology

*For help and advice  
call our helpline on  
08 00 1777 7 34*

# SLEEVES

## Heel Softening Sleeve



Toeless sock with 3mm gel heel pad to absorb and disperse pressure and friction at the heel. The gel helps to alleviate heel pain caused by bursitis, heel spur, and plantar fasciitis. Helps to reduce heel cracks (skin fissures). Used as a night sleeve can help to prevent heel ulceration. Washable and reusable.

D5 One size (per pair) £19.95

# PADDING & STRAPPING

## Dressing Pack



A dressing pack for first aid. Perfect as a dressing kit after ingrowing toe nail surgery. The pack contains 10 x Melonin sterile gauze dressings, 5m x No.12 Tubegauze, 1 box hypoallergenic adhesive tape 2.5m x 10m.

DP1 £8.75

## pedifleece Stretch



Stretch, hypoallergenic adhesive backing. 100% cotton adhesive padding with a raised fleecy surface used to protect sore and tender skin from friction and rubbing.

<u>S29 15cm x 9.5cm (3 sheets)</u>	<u>£5.25</u>
<u>S30 15cm x 9.5cm (6 sheets)</u>	<u>£8.50</u>
<u>S50 15cm x 9.5cm (12 sheets)</u>	<u>£15.50</u>

## Chiropody Felt

Hypoallergenic adhesive backing. Pure 100% semi-compressed wool felt used as a highly versatile padding which can be easily cut and shaped providing excellent pressure absorption.



<u>S31 5mm 11x15cm (2 pack)</u>	<u>£5.75</u>
<u>S32 7mm 11x15cm (2 pack)</u>	<u>£6.95</u>
<u>V31 5mm 11x15cm (4 pack)</u>	<u>£10.50</u>
<u>V32 7mm 11x15cm (4 pack)</u>	<u>£12.75</u>
<u>V33 5mm 22.5x45cm (4 pack)</u>	<u>£29.75</u>
<u>V34 7mm 22.5x45cm (4 pack)</u>	<u>£37.95</u>

# PADDING & STRAPPING

## Swan Foam



Hypoallergenic adhesive backing. Self-adhesive padding provides cushioning to the ball of the foot.

S33 5mm 11x15cm (2 pack) £5.25

S34 7mm 11x15cm (2 pack) £5.65

## Felt Corn Pads



Felt corn pads. Hypoallergenic adhesive backing.

S35 Felt Corn Pads (24 pack) £6.50

## Fleece Shaped Pads



Fleece shaped corn pads. Hypoallergenic adhesive backing.

S36 Fleece Cut Pads (24 pack) £5.25

## Tubular Toe Foam



Medical polyurethane foam on a 100% cotton stockinette core. Protects toes and tender areas from pressure and friction.

S37 18mm 8 x tubes (13cm) £6.25

S38 25mm 8 x tubes (13cm) £6.50

## Hypoallergenic Self Adhesive Tape



Peelable paper backing. Soft, elastic and permeable.

S39 2.50cm x 10m (2 pack) £6.95

S40 5.00cm x 10m (2 pack) £9.25

## Tubegauz Tubular Dressing



Cotton tubular dressing, ideal for fingers and toes. Easily applied with applicator.

S43 4m pack (small 01) £2.90

S44 4m pack (large 12) £3.50

A18 Applicator (for 01 or 12) £2.95

# TREATMENTS



## Flexitol® Intensely Nourishing Foot Cream

A rich nourishing cream for total foot moisturisation which can also be used on the body. Contains vitamin E and urea for active hydration of very dry skin. Suitable for diabetics and those suffering eczema and psoriasis.

P17 85gm tube £5.75



## Flexitol® Rescue Heel Balm

Specially formulated for the treatment of rough, dry and cracked heels. Recommended for diabetic and general foot care. Contains 25% urea.

P14 56gm £5.99

P15 112gm £10.34



## Flexitol® Skin Balm

This rich moisturiser is extremely effective on very dry skin. Excellent after exposure to sun or wind. Suitable for those prone to patches of dry, itchy skin including eczema and psoriasis. Scientifically formulated moisturiser for general use.

P16 100g tube £6.95



## CCS Foot Creams

CCS foot creams and balms are lanolin free. To moisturise the whole foot choose the cream or use the stronger balm to treat rough, dry or cracked heels.

P11 10% Urea cream (60ml) £4.99

P12 10% Urea cream (175ml) £8.73

P13 25% Urea heel balm (75g) £6.75

# TREATMENTS



## ClearZal® Hard Skin Remover

Unique triple keratolytic action formula for hard calloused feet. Not suitable for diabetics or on skin that is irritated, infected or broken.

PC21 Hard Skin 100gm	£12.95
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## ClearZal® Pain Relieving Gel

Pain relieving gel with menthol provides fast cooling relief to sore muscles and joints in your feet and legs. Great for sports injuries, strains, sprains and arthritic pain.

P22 Pain Relieving 100gm	£10.95
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*For more Clearzal products go to  
[www.footcaresupplies.com](http://www.footcaresupplies.com)*

# INSTRUMENTS

## prolyne Nail Files

High quality sapphire nail files. Extremely durable and comfortable to use.



Nail file (15cm)

A13	£4.85
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ProLyne nail file & foot dresser (20cm)

PL8	£5.95
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## prolyne Glass Nail File & Callous Foot Dresser



Innovative new glass file with double sided graduated etched finish.

GF3 20cm	£8.95
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## prolyne Emery File



Large easy to use callous file with fine and coarse sides.

A21 4 pack £8.25

## prolyne Long Handle Scissors



Stainless steel with angled blade to enable toe nail cutting with less bending down.

A10 £7.50

## prolyne Nail Scissors

Quality stainless steel nail scissors specially manufactured for Foot Care. Straight or curved blades.



Straight nail scissors  
A56 £5.90



Curved nail scissors  
A57 £5.90



Straight toe nail scissors  
A58 £5.90

## prolyne Stainless Steel Instruments



13cm nipper straight blade leaf spring  
PL5 £17.95



13cm nipper curved blade leaf spring  
PL6 £17.95



14cm nipper barrel spring curved blade  
PL7 £18.95



11cm nipper with easy grip handle  
curved blade  
PL11 £14.95

*Need help or expert advice in choosing and using Prolyne nail nippers?*

Please call our helpline  
on 0800 1777 734



# SOCKS

Softop™ is the original non-elastic sock which has been quite rightly brand leader for many years. The 3 unique relaxation panels contract vertically so the socks stay up comfortably all day long without leaving marks or restricting circulation. They provide proven comfort and are highly recommended for those with circulatory problems and diabetes.

**SPECIFY COLOUR AND SHOE SIZE WHEN ORDERING.**

## The Original Wool Softop™



60% wool, 40% polyamide.  
Sold in 3 packs of the same colour.  
Sizes: 6 – 11 & 11 – 13

Black	Mid grey
Navy	Oatmeal

HJ90 Wool rich 3pk same colour £15.25

## The Original Cotton Softop™



65% cotton, 35% polyamide. Sold in 3 packs of the same colour. Ventilated foot.  
Sizes: 6 – 11 & 11 – 13

Black	Mid grey
Navy	Oatmeal

HJ91 Cotton rich 3pk same colour £15.25

## Extra Wide Wool Softop™

Non elasticated softop socks. 3 unique relaxation panels contract so the socks stay up all day long without leaving marks or restricting circulation. Extra roomy for wider/swollen legs. Suitable for diabetics. 70% Wool 30% Polyamide.



Sold in 3 packs of the same colour.  
Four colours size 6 – 11.

Black	Mid grey
Navy	Oatmeal

HJ190 Wool rich 3pk same colour £17.10

## Extra Wide Cotton Softop™

Non elasticated softop cotton socks. 3 unique relaxation panels contract so the socks stay up all day long without leaving marks or restricting circulation. Extra roomy for swollen legs. Suitable for diabetics. 75% cotton 25% polyamide.



Sold in 3 packs of the same colour.  
Sizes 4 – 7 & 6 – 11.

Black	Mid grey
Navy	Oatmeal

HJ191 Cotton rich 3pk same colour £14.40

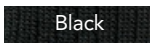
## Wool Diabetic

These diabetic friendly socks are perfect for those with sensitive feet. Sold in 3 packs of the same colour. 60% Wool, 40% Polyamide



- Non-restrictive top
- Fully cushioned foot
- Smooth toe seam
- Unconditional 6 months guarantee

Sizes: 6 – 11



HJ1352 3pk same colour      £20.50

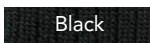
## Cotton Diabetic

These diabetic friendly socks are perfect for those with sensitive feet. Sold in 3 packs of the same colour. 90% cotton, 9% polyamide, 1% elastane.



- Non-restrictive top
- Fully cushioned foot
- Smooth toe seam
- Unconditional 6 months guarantee

Sizes: 6 – 11

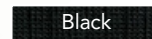


HJ1351 3pk same colour      £15.70

## Carnation™ Silversock



The fibres incorporated in these socks are coated with pure silver. The socks are thermodynamic (warmer in winter, cooler in summer), anti-blister, anti-odour, anti-static, and encourage dry feet through evaporation.



SS1	Silversock Size 4 – 7	£8.50
SS2	Silversock Size 8 – 11	£8.50

*H J Hall's Softop non – elastic top socks offer the ultimate in comfort and fit to maintain good foot health and are beneficial to sufferers from poor circulation and diabetes.*

# TERMS & CONDITIONS

## WHO WE ARE

Foot Care Supplies is the trading name of Robert Howden (Southend) Ltd., a private company incorporated in 1971 with registered offices at 195 St Mary's Lane Upminster Essex RM14 3BU Company registration No. 926189.

## SUPPLY

For all deliveries within the UK we endeavour to process all orders on the first working day after receipt and despatch by Royal Mail or courier. You may cancel any out of stock items and be refunded their cost. Please notify us if your order has not arrived within reasonable time when we would normally replace it but we reserve the right to wait up to 15 working days after the expected delivery date.

A charge of £3.95 is added to all orders to cover the costs of processing, packaging and delivery. Orders over £50 are delivered free of this charge.

Foot Care Supplies web pages offer for sale products to be used by customers for the self treatment of foot problems. We do provide an advice service to explain the use of our products but if you require clinical advice or have any doubt about the use of any of our products you should obtain this help from your health professional.

## RETURNS

Under The Consumer Contracts Regulations 2013 you have the right to a cooling off period of 14 days from receipt of your order. If you change your mind and no longer require the whole order this may be returned within 14 days of receipt for a full refund of the product price. You must notify us by telephone and/or in writing of your intention to cancel the whole order. You must return all of the goods unused as received including advice note with postage paid by yourself and we would advise you to obtain at least a certificate of posting as proof of despatch. We are obliged to refund you within 30 days of receipt of your return but it is our normal practice to make this refund as soon as possible.

If you need any further information you may obtain this by telephoning customer services on 0800 1777 734, by writing to us at Foot Care Supplies, 105 St James Ave, Southend on Sea, Essex SS1 3LL or by email to [info@footcaresupplies.com](mailto:info@footcaresupplies.com). Complaints should be similarly addressed.

We pride ourselves on our customer services and will be pleased to exchange or refund any goods you do not require as long as they are unused and in their original packing. Please notify us of your intention by telephone or in writing and include with your return sufficient written information to fully action your request. We will refund you the postage for the return of defective goods or for our mistakes to your order. Otherwise you will be responsible for the payment of postage for your returns.

Our sales and returns policies do not affect your statutory rights.



# footcare<sup>TM</sup> supplies

Call one of our staff on the Foot Care  
Supplies Helpline. There's a podiatrist on  
hand to answer any foot related questions!

Helpline 0800 1777 734

For detailed information, advice and to order online, visit  
[www.footcaresupplies.com](http://www.footcaresupplies.com)

**Email:** [info@footcaresupplies.com](mailto:info@footcaresupplies.com). Howden House,  
105 St James Ave, Southend-on-Sea, Essex. SS1 3LL

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over £50