

CAUTION: Handle this solvent As a volatile liquid, it can catch fire easily. Avoid contact with skin or clothing. Wash off immediately if spilled on you. Avoid breathing vapors. Store in tightly sealed container.

Contents under pressure. Do not use in fire or in other open flame. Do not puncture or otherwise damage container. Exposure to temperature above 120°F. is a hazard.

GENERAL CLASSIFICATION It is a variation of Federal Law to use this product in a manner not intended and/or its label.

[illegible][illegible]

Manufacturer: CONTACT INDUSTRIES INC
641 DOWD AVENUE ELIZABETH, NJ 07201
201-328-1800

EPA REG NO: 1-00034-1

FRUIT NUTRITION

III

- Household Use
- Pest Control Use
- Non-food Areas of Institutions and Industrial Plants

Activity	Frequency	Duration	Intensity	Notes
1. Warm-up	5 min	5 min	Low	
2. Cardio	20 min	20 min	Medium	
3. Strength	30 min	30 min	High	
4. Cool-down	5 min	5 min	Low	
5. Stretching	10 min	10 min	Low	
6. Meditation	10 min	10 min	Low	
7. Yoga	15 min	15 min	Low	
8. Pilates	15 min	15 min	Low	
9. Tai Chi	15 min	15 min	Low	
10. Dances	15 min	15 min	Low	
11. Hiking	30 min	30 min	Medium	
12. Biking	30 min	30 min	Medium	
13. Swimming	30 min	30 min	Medium	
14. Running	30 min	30 min	Medium	
15. Walking	30 min	30 min	Low	
16. Gardening	30 min	30 min	Low	
17. Fishing	30 min	30 min	Low	
18. Hunting	30 min	30 min	Low	
19. Camping	30 min	30 min	Low	
20. Boating	30 min	30 min	Low	
21. Skiing	30 min	30 min	Medium	
22. Snowboarding	30 min	30 min	Medium	
23. Ice skating	30 min	30 min	Low	
24. Roller skating	30 min	30 min	Low	
25. Rollerblading	30 min	30 min	Low	
26. Skateboarding	30 min	30 min	Low	
27. Surfing	30 min	30 min	Medium	
28. Windsurfing	30 min	30 min	Medium	
29. Kitesurfing	30 min	30 min	Medium	
30. Paragliding	30 min	30 min	Medium	
31. Skydiving	30 min	30 min	Medium	
32. Bungee jumping	30 min	30 min	Medium	
33. Rock climbing	30 min	30 min	Medium	
34. Mountaineering	30 min	30 min	Medium	
35. Ice climbing	30 min	30 min	Medium	
36. Canyoneering	30 min	30 min	Medium	
37. Rafting	30 min	30 min	Medium	
38. Kayaking	30 min	30 min	Medium	
39. Canoeing	30 min	30 min	Medium	
40. Rowing	30 min	30 min	Medium	
41. Sailing	30 min	30 min	Medium	
42. Jet skiing	30 min	30 min	Medium	
43. Water skiing	30 min	30 min	Medium	
44. Parasailing	30 min	30 min	Medium	
45. Hot air ballooning	30 min	30 min	Medium	
46. Zip lining	30 min	30 min	Medium	
47. Archery	30 min	30 min	Medium	
48. Shooting	30 min	30 min	Medium	
49. Fencing	30 min	30 min	Medium	
50. Judo	30 min	30 min	Medium	
51. Karate	30 min	30 min	Medium	
52. Taekwondo	30 min	30 min	Medium	
53. Brazilian Jiu Jitsu	30 min	30 min	Medium	
54. Muay Thai	30 min	30 min	Medium	
55. Kickboxing	30 min	30 min	Medium	
56. Boxing	30 min	30 min	Medium	
57. Wrestling	30 min	30 min	Medium	
58. MMA	30 min	30 min	Medium	
59. Rugby	30 min	30 min	Medium	
60. Football	30 min	30 min	Medium	
61. Basketball	30 min	30 min	Medium	
62. Volleyball	30 min	30 min	Medium	
63. Tennis	30 min	30 min	Medium	
64. Badminton	30 min	30 min	Medium	
65. Table tennis	30 min	30 min	Medium	
66. Chess	30 min	30 min	Low	
67. Go	30 min	30 min	Low	
68. Poker	30 min	30 min	Low	
69. Blackjack	30 min	30 min	Low	
70. Roulette	30 min	30 min	Low	
71. Slots	30 min	30 min	Low	
72. Casino	30 min	30 min	Low	
73. Gambling	30 min	30 min	Low	
74. Drinking	30 min	30 min	Low	
75. Smoking	30 min	30 min	Low	
76. Gambling	30 min	30 min	Low	
77. Gambling	30 min	30 min	Low	
78. Gambling	30 min	30 min	Low	
79. Gambling	30 min	30 min	Low	
80. Gambling	30 min	30 min	Low	

For Use in Recs, Apartments, Homes, Air-Conditioned
Campers, Boats, Garages, Pet Sleeping Areas, Household
Storage Areas, Washrooms, Laundries and many food areas of
Hotels, Schools, Hospitals, Nursing Homes, etc.

CAUTION: KEEP OUT OF REACH OF CHILDREN (See other cautions on back panel).

NET WEIGHT: 7½ OZ.