



KEY TAKE-AWAYS

SMARTCLOTHES WITH NANO TECH TO KEEP YOU WARM

Fabric with bio-ceramic nano particles can help keep you warm, repair muscles, and possibly even sleep better! The nano particles absorb the heat generated by our body and reflect it back to the skin. These are the same heat waves found in dry infrared saunas.

A leader in this field, Under Armour, offers an ever-expanding product line. It includes:

- Sports clothing such as pants, leggings, sport shirts, fleece & more,
- Sleep wear for muscle recovery and better sleep.

Some science and manufacturers also suggest FIR can help with Arthritis pain, diabetes, circulation, muscle recovery and more. I believe it's possible, but more research is needed to tell us how much benefit under which delivery mechanism (sauna, clothing, lights, etc.)

 COST	 Athletic Gear \$45-160CDN	Sleep Wear \$90-115CDN
	 Athletic Gear \$35-150US	Sleep Wear \$80-100US

UNDER ARMOUR EXAMPLES (PRODUCT LINKS)

Go to [Under Armour Canada](#) or [Under Armour U.S.](#) and enter **"infrared ColdGear"** in the search bar.

RECOMMENDATION

Explore the emerging science and possible health benefits of FIR in these studies:

[How FIR Works, The Science, FIR Devices & Fabrics](#)

[FIR Sauna for Arthritis](#), [Fir Sauna for Diabetes](#)

Google "infrared clothing" to discover more brands, products, and how it works.



OTHER OPTIONS TO CONSIDER

- ✓ Wear infrared sports leggings and slim fit t-shirts under clothes
- ✓ Jackets, vests, gloves, sheets.
- ✓ Lower cost, high-tech clothes (not infrared). Not all sportswear. Example: HEATTECH product line from UniQlo: [Click for UniQlo Canada](#) or [Click here for UniQlo U.S.](#)



WHAT TO WATCH OUT FOR

- Fitted sportswear can be tight. Double check size charts and consider going up one size if ordering online.
- Health claims. Look for peer reviewed scientific studies to validate claims.

