

FOLLOW APPLICATION INSTRUCTIONS  
**NOTICE**  
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# **FOIL**

**APPLICATION INSTRUCTIONS**

**Medium Pressure**

**320 degrees F**

- 1. Pre-heat garment 4 seconds.**
- 2. Apply transfer 10 seconds.**
- 3. Peel warm.**
- 4. Cover with a Teflon sheet and re-press for an additional 10 seconds.**