



WHAT ARE INSOLES?

Insoles are removable shoe footbeds that can be inserted into the bottom of your footwear. Insoles have direct contact with the bottom of your feet, and are designed with cushioning materials to improve comfort and provide arch support.

WHY INSOLES?

Standing or walking for long periods unsupported can lead to fatigue and pain. When the muscles of your feet fatigue, the arches collapse creating discomfort in your feet, knees, hips, and back.

HOW CAN INSOLES HELP?

- Improve Comfort & Shock Absorption
- Improve Foot Arch Support & Balance
- Improving Footwear Support & Fit
- Decrease Fatigue & Risk of Injury

SELECTING AN INSOLE

WHO CAN BENEFIT?

- Select an insole the same size as your footwear
- MEGAComfort comes in a 2-size format, e.g. Men's 10-11.
- If you have a half-size or wide feet, always round up to the next whole size and trim to fit.
 - E.g., Men's 11.5 or Men's 11W = Men's 12-13.

Everyone! The benefits of insoles can be applied

to all types of jobs and all types of foot arches.

TRIMMING THE INSOLE

- A built-in trim line along the toe edge allows for easy trimming to the smaller size.
- For a more custom trim, use the original insole as a guide, placing it on top of the new MEGAComfort insole to trim to match.



Remove existing insole from footwear (if possible).



Check size, and **IF NECESSARY**, trim insoles for a better fit.



Place MEGAComfort insole into footwear, **YELLOW SIDE DOWN.**



SCAN THE QR CODE TO DOWNLOAD A COPY



LONG-LASTING

On average, MEGAComfort insoles last about 6-9 months. However, some individuals will wear the insoles quicker than others based on body weight, activity, and perspiration level



MACHINE-WASHABLE

All insoles are machine-washable and dryable.



Personal **Anti-Fatigue Mat**™

- · For maximum shock absorption and comfort
- Memory foam compresses for safe clearance in steel-toe footwear
- Cost-effective alternative to expensive matting



MC ITEM #	SIZING	
	MEN	WOMEN
PAM-W567		5-6-7
PAM-M67/W89	6-7	8-9
PAM-M89/W1011	8-9	10-11
PAM-M1011/W1213	10-11	12-13
PAM-M1213	12-13	
DAM MAAAE	1/ 15	

ARCH TYPE
Medium, High

FOOTWEAR TYPE Industrial – Safety and Steel Toe



