



### Testimonials

#### Size Chart for Men

Size	Shoe Size		Circumference	
	U.S.	Europe	Ankle	Calf
Small	7 & Under	37 – 39	7.5" – 8.5" 19 – 21.5cm	11" – 15" 28 – 38cm
Medium	7.5 – 10	40 – 43	8.5" – 9.5" 21.5 – 24.5cm	13" – 17" 33 – 43.5cm
Large	10.5 – 12	44 – 47	9.0" – 11.25" 23 – 26.5cm	14" – 18" 35.5 – 46cm
X – Large	12.5 +	48 +	11.5" – 12.5" 26.5 – 32cm	15" – 20" 38.5 – 51.5cm

#### Size Chart for Women

Size	Shoe Size		Circumference	
	U.S.	Europe	Ankle	Calf
Small	4 – 5	34 – 36	6.5" – 8" 16.5 – 20.5cm	10.5" – 14.5" 26.5 – 37cm
Medium	5.5 – 7.5	37 – 38	8" – 9.5" 20.5 – 24.5cm	11.5" – 15.5" 29 – 39.5cm
Large	8 – 10.5	39 – 40	9.5" – 11" 24.5 – 28cm	12.5" – 17" 32 – 43cm
X – Large	10.5 +	42 +	11" – 12.5" 28 – 32cm	13.5" – 17.5" 34.5 – 44.5cm

I have been both a user and prescriber of the Actiflex Compression sock from Agio. I find the product durable and comfortable to wear. After exercise my legs feel less fatigued. As a prescriber I have provided this product to patients of various ages for exercise with very positive feedback from the patients. I would recommend that anyone active in sport consider trying compression socks to help with comfort during exercise and recovery afterwards.

— DARRYL COHEN, CHIROPODIST

I have personally used the Actiflex Compression Socks from Agio in both running and road bike races. The product is both supportive and comfortable with good durability. I have prescribed this product to patients with very good feedback.

I recommend this for anyone complaining of muscle fatigue and cramping with endurance exercise.

— I TEITELBAUM, MD

Choose black/grey or white/grey to suit your application and style.



**actiflex**  
Sport Compression Socks



**ARE SPORT  
COMPRESSION SOCKS  
RIGHT FOR YOU?**



**actiflex**  
Sport Compression Socks

## Are you sore after exercising?

Are your recovery times too long between workouts? During exercise, there is a significant build-up of lactic acid. This lactic acid, coupled with the muscle oscillation/vibration of exercise, can contribute to muscle pain, fatigue and a decline in performance and recovery. Graduated compression socks are designed to increase the rate of recovery and decrease muscle soreness and fatigue.

## What is graduated compression?

Graduated compression means that the socks are designed with the greatest amount of compression concentrated at the foot and ankle, and least amount at the calf.

For many decades, medical-grade graduated compression socks have been used to combat deep vein thrombosis, or the formation of blood clots in bed-ridden or inactive patients. This is because the enhanced blood circulation, provided by the gradual compression, improves the return of venous (deoxygenated blood) to the heart. Research results indicate that the benefits related to graduated compression technology can also benefit athletes by accelerating blood circulation, aiding muscle recovery and reducing toxins.

Specialized weave protects tibia

Graduated compression assists muscles to conserve energy and perform at their peak

Instep support design

Toe-tip protector provides cushion from pressure and impact

## Why Agio Actiflex sport compression socks?

Agio's line of Actiflex sport compression socks have been designed with specific elements intended to provide benefit to the different areas of the foot and leg. Actiflex is produced in an ISO accredited facility using high quality breathable materials. Actiflex sport compression socks can be worn during activity for both performance enhancement and post-activity recovery.

Self-fitting top band

Breathable knit on calf

Achilles heel protector

Underfoot cushion



**actiflex**  
Sport Compression Socks