



SOURCETM

CLEARTM | HYDRATION
SYSTEM

CARE AND USE INSTRUCTIONS

Contents

Did you know?.....	4
Filling the reservoir	6
Using HELIX™-Valve.....	8
Rinsing before first time use.....	10
Care: Drying system.....	12
Care: Cleaning the Reservoir	14
Cleaning Helix™ Tube and Valve.....	16
HELIX™-Valve Secondary Disassembly	18

Did you know?

(a short course on Hydration and Dehydration)

Water is essential:

Water is essential even if you are just breathing but when exercising, it is especially vital. During prolonged or strenuous exercise you can easily sweat away over 1 liter of water an hour.

- ▶ ***As a rule, your body needs 1 liter (33 oz) of water for every hour of intensive outdoor activity to replenish that sweat loss.***

You are what you drink:

Even slight dehydration can cause fatigue, dizziness, reduced muscle endurance, headaches, and cramps. In fact, prolonged dehydration is downright dangerous to your health!

The cooler, the better:

Fluid replacement in your body works better if the liquid you drink is cooler (15-22°C or 59-72F).

The faster, the better:

Reducing the gap between the time you lose water and replenish water loss ensures that your body has all the water it needs to function at peak level. Quick, easy access to a reliable, refreshing source of H₂O is the key.

Glass-Like™ and Grunge-Guard™

Bacteria, molds, yeasts and algae are facts of life. Bacteria and grunge grow by clinging to irregularities of a surface and creating a bio-film that allows them to flourish.

SOURCE has developed a unique plastic film that has a **Glass-Like™** surface that reduces significantly the ability of bio-film to form. Thanks to this property, the regular flow of water is enough to clean the container and water stays fresh for a long time.

SOURCE was the first to initiate **Grunge-Guard™** technology. Utilizing an FDA-approved and EPA-registered anti microbial agent embedded into all films and tube liners, Grunge Guard™ eliminates bacteria growth on the tube and reservoir inner surfaces.

The synergy of **Glass-Like™** and **Grunge-Guard™** gives double protection against bacteria growth and will assure the freshness of the water for the entire life of the system.

***Your drinking water stays fresh,
odor and taste-free for days, even weeks!***

Did you know?

Filling the reservoir

FIRST USE: Before drinking it is strongly recommended to rinse the reservoir with water and drain it through the tube and valve. Follow the instructions for filling and operating the valve **BUT DON'T DRINK YET.**

Before drinking you will be instructed how to drain the water you filled in the reservoir.

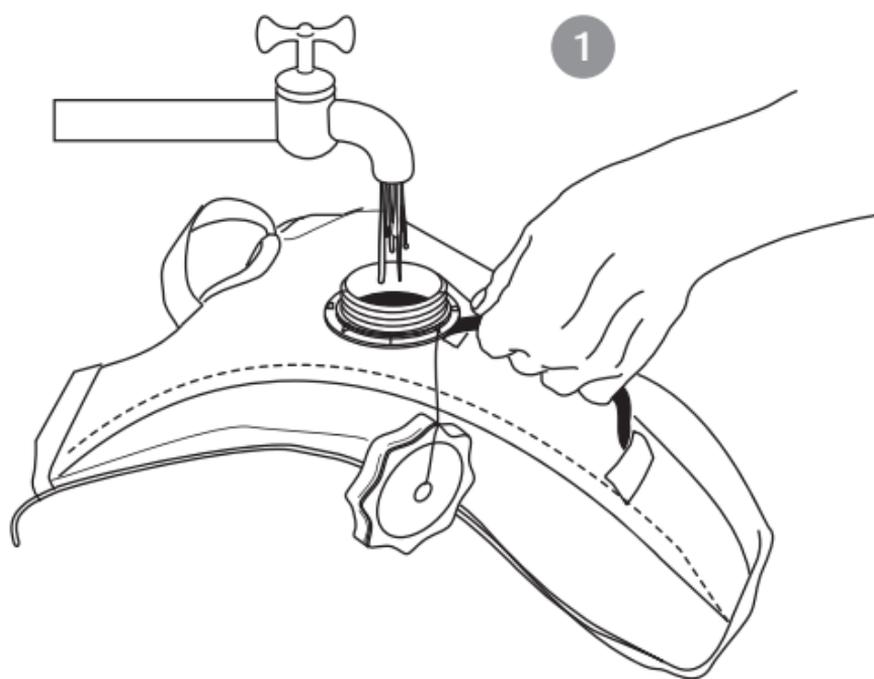
1. To fill: Open Filler-Cap.
2. Grasp integrated Refill-Handle and fill reservoir (drawing 1).
The reservoir is designed to store cold as well as warm drinks (up to 60°C or 140°F). You may add ice for cold drinks, or even freeze water in the reservoir overnight (only 3/4 full).
3. Close Filler-Cap and tighten for airtight seal.

CAUTION

Do not fill with boiling water.

NOTE

Turn pack upside down and suck out excess air from the reservoir to silence your pack (stealth mode) and increase the period for which water remains fresh and taste-free.



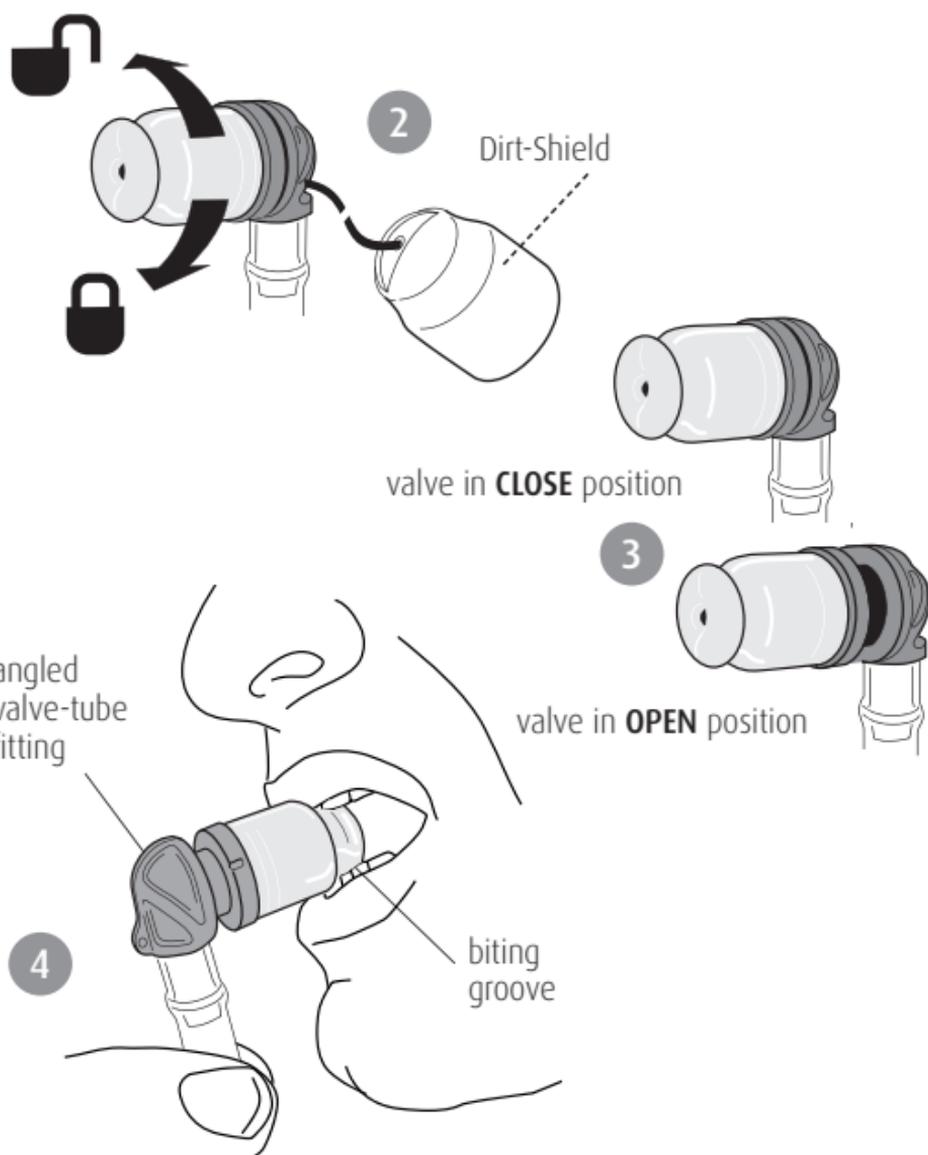
Filling the reservoir

Using HELIX™-Valve

1. **First time use:** Remove shrink-wrap from HELIX™-Valve.
2. Unlock valve from shut-off position by turning mouthpiece 180° counter-clockwise until it locks in OPEN position (drawings 2, 3).
3. **Now you know how to operate the valve, it's time to drain the first water you have filled in the reservoir. Go to page 12 to see how it's done and continue from here:**
4. **Drinking:** To drink, bite lightly on the HELIX™-Valve groove and sip (drawing 4).
5. To close the valve, turn mouthpiece 180° clockwise until it locks in CLOSE position (drawing 3).
6. When not in use, cover HELIX™-Valve with the Dirt-Shield™ (available in most of the models) or tuck it in the docking station (standard in some of the models or purchased as an accessory).

Notes To get maximum flow, bite only **slightly** on the biting zone. Strong biting will result in blocking the valve orifice and no liquid will flow.

Tips To avoid the first warm sip in hot weather: after drinking, bite lightly on the HELIX™-Valve for a couple of seconds while keeping your lips apart to let air into the tube. Liquid remaining in the tube returns to the reservoir.



Operating HELIX™-Valve

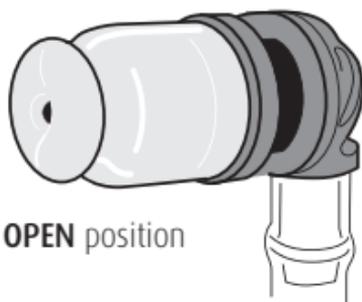
Rinsing before first time use

To rinse the reservoir before first time use:

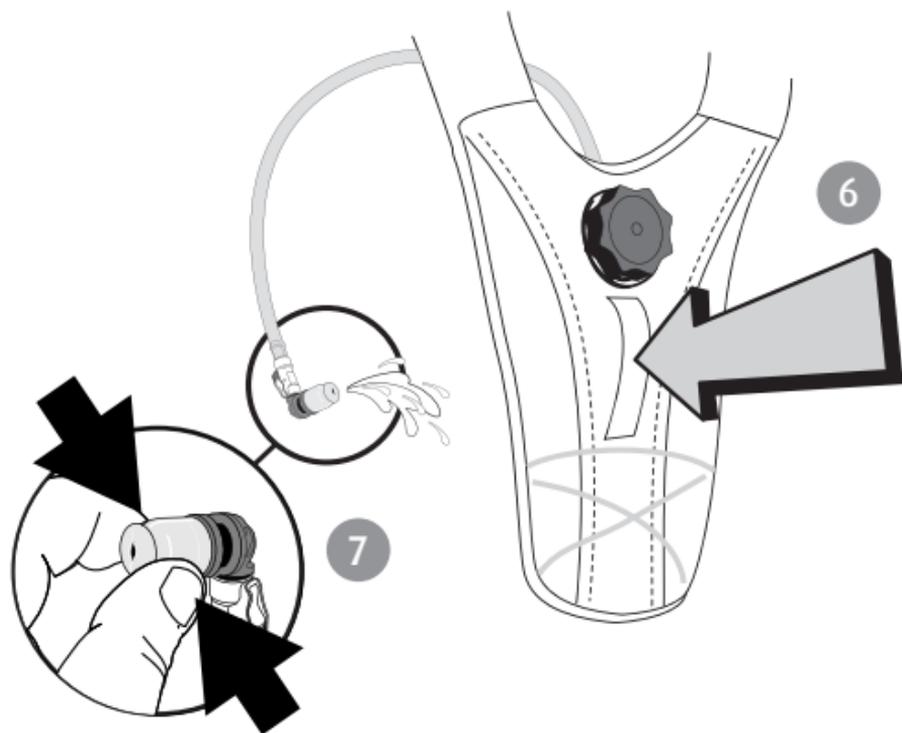
1. Fill the reservoir as described in page 6.
2. Turn the valve to OPEN position (drawing 5)
3. Apply pressure directly on the pack (drawing 6).
4. Pinch the drinking groove on the valve between your index and thumb and let the water flow through the valve. (see blow-up, drawing 7)
5. Drain at least a third of the capacity of the reservoir (if you have a 3L reservoir, drain at least 1L).

You can drink now. See drinking in page 8, para. 4.

5

valve in **OPEN** position

6



7

Rinsing before first time use

Care: Drying system

During regular use with drinking water, there is no need to drain, dry, or clean your hydration system. Simply refill and drink again and again without special care.

As long as your drinking water is not exposed to direct sunlight, the same water in your drinking system will remain fresh for days and even weeks. **If you are using energy drinks or sweetened liquids, we recommend that you follow the cleaning instructions after every usage.**

To Dry Drinking System:

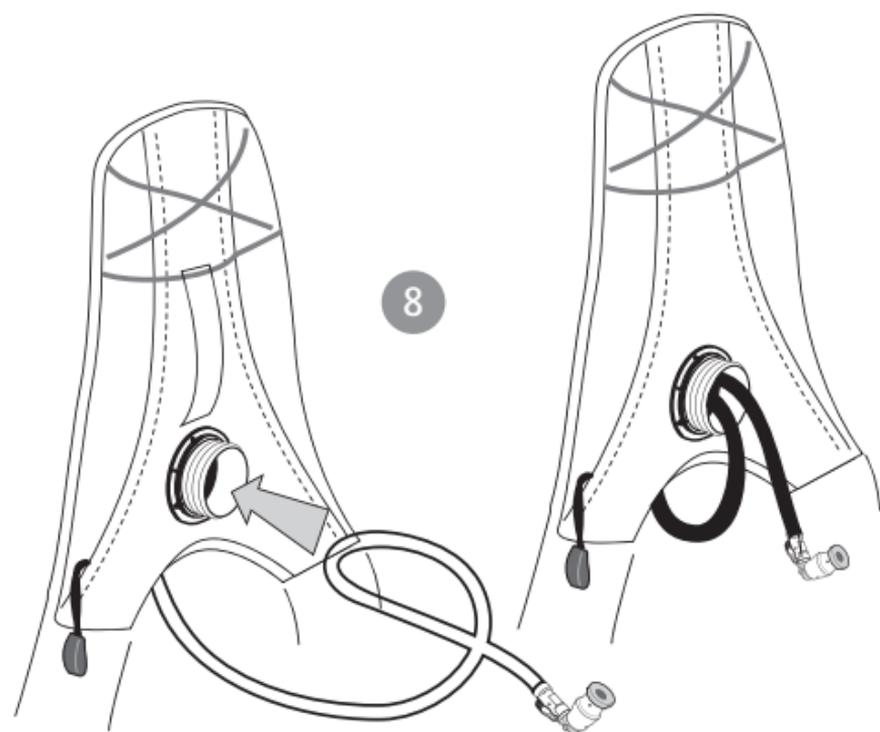
1. Open the Filler cap.
2. Turn the valve to OPEN position (this will allow air circulation through the tube).
Drain reservoir completely and hang it upside down.
3. To speed drying time: fold the tube and tuck it into the reservoir. (drawing 8)
4. When dry, screw Filler Cap back in place.

Storing Drinking System:

5. Dry drinking system as described above.
6. Store in a clean and dry place.

Note Before prolonged storage, we recommend that you also follow the cleaning instructions on page 14.

Tips After prolonged storage, rinse reservoir with water and a few drops of lemon juice.



Care: Drying system

Care: Cleaning the Reservoir

It is recommended to wash the reservoir if it was filled with liquids other than water (such as sweetened beverages) or before prolonged storing.

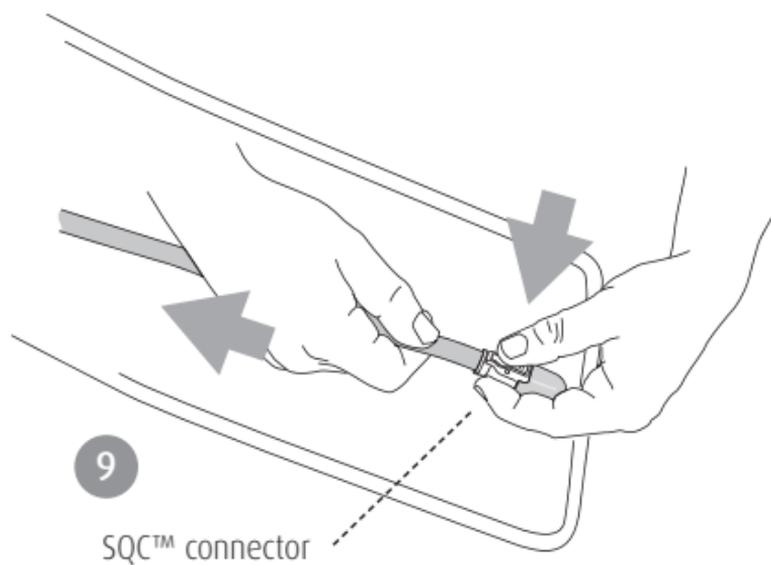
To clean the reservoir:

1. Disconnect the tube: push the release button of the SQC™ connector. (drawing 9).
2. Wash reservoir with soapy water.
If necessary scrub with a soft brush. Rinse well.

CAUTION

**Never use boiling water.
Do not scrub reservoir with abrasive materials.**

3. Dry reservoir completely as detailed in page 12.
4. Reconnect the tube and store the system in a dry place.
5. If necessary, proceed to clean the tube and valve.



Care: Cleaning the Reservoir

Cleaning Helix™ Tube and Valve

Leave the valve connected to the tube and the tube connected to the reservoir.

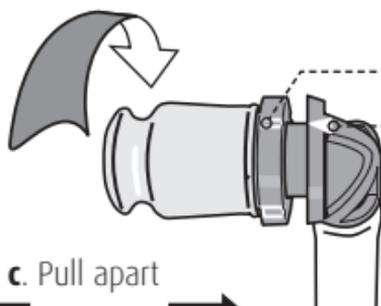
To disassemble and clean the HELIX™-Valve:

1. To disassemble HELIX™-Valve (drawing 10):
 - a. Turn the valve counter clockwise 90° halfway opened:
 - b. Align the central notch on the the rim of the mouthpiece with the arrow on the valve's neck
 - c. Pull apart (drawing 10).
2. Wash with mild soapy water and rinse several times.
3. To clean the tube, Proceed from #4 below.
If you don't clean the tube, proceed from #6 below.

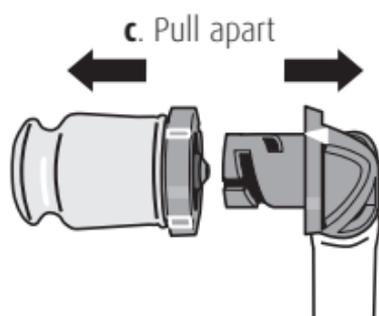
To clean the tube:

4. Leave the tube connected to the reservoir and the valve disassembled. Hold your thumb on the open extremity of the tube, fill the reservoir with water and close the Filler Cap.
5. Fold the reservoir from the top down and let the water flow through the tube (drawing 11).
6. Re-assemble the two parts of the HELIX-Valve™:
Align the central notch with the arrow, push the mouthpiece slightly on its track and turn 90° clockwise to CLOSED position.

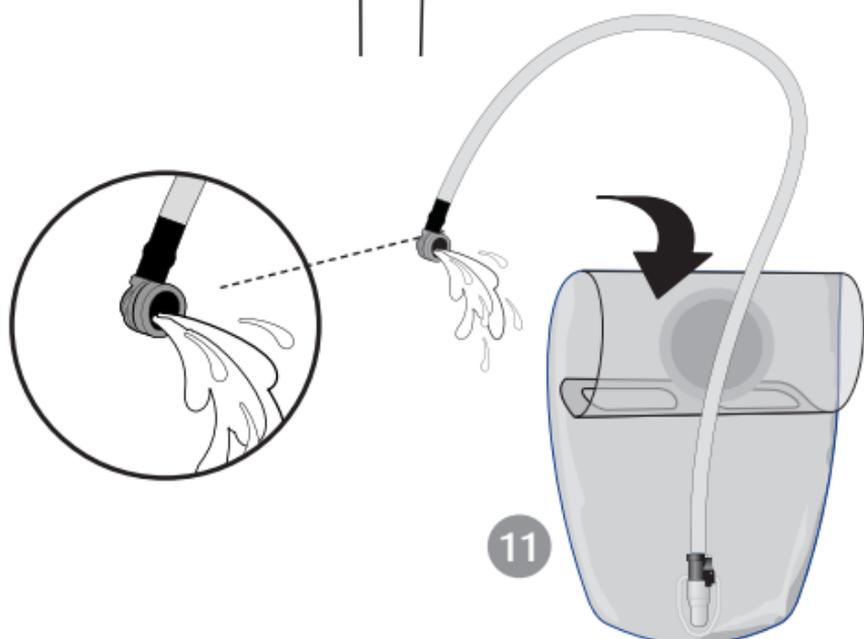
a. Turn 90° counter clockwise



b. Align central notch and arrow



10



11

Cleaning Helix Tube and Valve

HELIX™-Valve Secondary Disassembly

This should be performed only if HELIX™-Valve is severely soiled.

To disassemble the HELIX™-Valve:

1. Set HELIX™-Valve to OPEN position
2. Operate carefully: Pull the silicone tip firmly away from the valve, (drawing 12). This will reveal the inner mechanism of the valve consisting of a springed pin (A) and the base socket (B).

Attention!

Make sure you do not lose the springed pin (A)

To Re-assemble the HELIX™-Valve:

1. Insert the springed pin (A) in its base (B)
2. Adjust the rim of the silicon tip on the base
3. Push the tip firmly in its place. Make sure it goes all the way until the rim of the silicon tip is against the rim of the base (C). (drawing 13).

