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LJCM Wrist Water Bottle 200ml User Manual

Model: Wrist Water Bottle 200ml

INTRODUCTION

The LJCM Wrist Water Bottle is designed to provide convenient hydration during physical activities such as running, cycling, and hiking. Its compact, leak-proof silicone design and adjustable strap ensure a comfortable and secure fit on your wrist, allowing for easy access to water without interrupting your workout.



Image: The LJCM Wrist Water Bottle, showcasing its compact design and adjustable strap.

SETUP

- 1. Initial Cleaning:** Before first use, thoroughly wash the bottle and all its components (cap, nozzle) with warm water and mild soap. Rinse thoroughly to remove any soap residue.
- 2. Filling the Bottle:**
 - Unscrew the cap by turning it counter-clockwise.
 - Fill the bottle with clean drinking water. Do not overfill; leave a small air gap at the top.
 - Screw the cap back on tightly by turning it clockwise until secure. Ensure the nozzle is properly seated.
- 3. Adjusting the Strap:** The bottle features an adjustable strap. Slide the strap through the buckle to achieve a snug yet comfortable fit around your wrist.



Image: The bottle's capacity marking, indicating 200ml (7 fl oz).

OPERATING INSTRUCTIONS

1. **Wearing the Bottle:** Slide your hand through the adjustable strap and position the bottle comfortably on your wrist.

Tighten the strap so the bottle remains secure during movement but does not restrict circulation.

2. Drinking from the Bottle:

- Gently pull the white nozzle upwards to open the drinking spout.
- Squeeze the silicone bottle body to dispense water.
- After drinking, push the nozzle back down firmly to seal the spout and prevent leaks.



Image: The wrist water bottle in use during a run, showing its practical application.

MAINTENANCE

- **Daily Cleaning:** After each use, empty any remaining water. Disassemble the cap and nozzle from the bottle. Wash all parts with warm water and mild dish soap. Use a bottle brush if necessary to clean the interior.
- **Drying:** Allow all components to air dry completely before reassembling or storing to prevent mold and mildew growth. Store in a cool, dry place away from direct sunlight.
- **Deep Cleaning:** Periodically, for a deeper clean, you may use a solution of white vinegar and water (1 part vinegar to 4 parts water) to soak the bottle and components for 30 minutes. Rinse thoroughly afterwards.

- **Dishwasher Safety:** The silicone bottle and plastic cap are generally top-rack dishwasher safe, but hand washing is recommended to prolong product life.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Bottle is leaking	Cap not tightened properly; Nozzle not fully closed; Damaged seal.	Ensure cap is screwed on tightly. Push nozzle down firmly until it clicks. Inspect seals for damage; if damaged, contact support.
Difficulty dispensing water	Nozzle clogged; Air pressure issue; Bottle not squeezed firmly enough.	Check nozzle for blockages and clean if necessary. Ensure nozzle is fully open. Squeeze the bottle more firmly.
Unpleasant odor or taste	Improper cleaning; Stored with residual water.	Thoroughly clean the bottle and all components as per maintenance instructions. Ensure complete drying before storage.

SPECIFICATIONS

Feature	Detail
Capacity	200ml (7 fl oz)
Material	Food-grade Silicone (bottle), Plastic (cap/nozzle)
Dimensions (approx.)	12 x 11 x 5 cm (Parcel Dimensions)
Color	Semi Transparent Black
Adjustable Strap	Yes

WARRANTY AND SUPPORT

This product is covered by a standard manufacturer's warranty against defects in materials and workmanship. For specific warranty terms, duration, and to initiate a claim, please refer to the documentation included with your purchase or contact LJCM customer support.

For technical assistance, troubleshooting not covered in this manual, or general inquiries, please contact LJCM customer service through the retailer where the product was purchased or visit the official LJCM website for contact information.

Please retain your proof of purchase for warranty purposes.