Core Products INTERNATIONAL, INC.
800-365-3047 | www.coreproducts.com

TRI-CORE® CERVICAL SUPPORT PILLOW



- Unparalleled comfort & support helps alleviate headaches and neck pain
- Provides essential support to the head and neck for better quality sleep
- Raised sides properly support the head to prevent neck and shoulder pain while side sleeping
- Two neck lobe sizes accommodate different sized sleepers and support preferences
- Contoured center gently cradles the head for comfortable back sleeping





Available From:

ENHANCED SLEEP

Invest in your long-term health and experience unparalleled comfort and support with the innovative Tri-Core® Cervical Support Pillow! This pillow is the optimal solution to help relieve headaches and neck pain while proactively addressing various neck and shoulder conditions. Whether you need to reestablish your cervical curve or want to take proactive measures against declining cervical posture or neck discomfort, invest in your sleep and well-being with the Tri-Core® Cervical Support Pillow to enhance your sleep quality and neck health. Say goodbye to restless nights and wake up feeling refreshed each morning, ready to conquer the day ahead!

PROPER SUPPORT

Tailored for both back and side sleepers, the Tri-Core® Pillow offers targeted support, providing a healthier sleep environment. While lying on your back, a firm cervical roll provides neck support while a contoured center gently cradles the head, creating a hammock-like effect that distributes weight evenly; inducing relaxation and comfort. For enhanced comfort during side sleeping, the elevated side sleeping areas help maintain the head in a level position, ensuring proper alignment of the spine while reducing strain on the neck muscles. By ensuring proper neck alignment during sleep, the Tri-Core® fosters therapeutic health benefits and overall well-being.

Additionally, the Tri-Core® Pillow serves as a proactive measure against common neck and shoulder issues. By maintaining proper alignment of the neck and spine, it helps reduce the risk of developing discomfort, stiffness, or other conditions associated with poor posture, cervical spine misalignment, or muscle strain. Preserve your cervical posture as you age and bid farewell to waking up with stiffness or headaches, welcoming mornings filled with energy and vitality.

SPECIFICATIONS

Product Selection: Tri-Core® Pillow
FIB-200 Full size, White, Standard/Firm
FIB-200-GR Full size, Gray, Standard/Firm
FIB-220 Full size, White, Gentle
FIB-220-GR Full size, Gray, Gentle
FIB-2001 Full size, Blue, Standard/Firm
FIB-221 Mid-size, White, Standard/Firm
FIB-221-GR Mid-size, Gray, Standard/Firm
FIB-222 Mid-size, White, Gentle
FIB-222-GR Mid-size, Gray, Gentle
FIB-219 Petite size, White, Standard/Firm
FIB-219-GR Petite size, Gray, Standard/Firm

Product Weight:
FIB-200 & FIB-2001: 2.5 lbs |
FIB-220: 2.2 lbs | FIB-221: 1.95 lbs |
FIB-222: 1.75 lbs | FIB-219: 1.2 lbs

Dimensions:
Full size: 24" x 16" | Mid-size: 22" x 15"
Petite size: 19" x 12"

Materials: Cover: Polyester/Cotton |
Filling: 100% Virgin Polyester

Case Quantity:
Full size & Mid-size: 6 | Petite size: 5

Case Dimensions:
Full size & Mid-size: 23" x 22" x 16"
Petite size: 15" x 14" x 23"

Case Weight:
FIB-200 & FIB-2001: 20 lbs |
FIB-220: 18 lbs | FIB-221: 16 lbs |
FIB-222: 15 lbs | FIB-219: 9 lbs

Latex: This product is not made with natural rubber latex

Country of Origin: Assembled in the USA of globally sourced materials

⚠ **WARNING:** Cancer and Reproductive Harm – www.P65Warnings.ca.gov

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DIFFERENT SIZED LOBES

To meet individual needs, two very firm cervical rolls provide distinct support options. Choose the larger roll for maximum support (ideal for longer, slender necks) or the smaller roll (suitable for shorter, thicker necks) during an adjustment phase or for a gentler experience. For newcomers to cervical support pillows or those desiring gentle support, the "Gentle" version is available in full and midsize options.



ADJUSTMENT PERIOD

Transitioning from a traditional pillow to a cervical support pillow requires patience and time. To avoid exacerbating neck pain, alternate between the Tri-Core® Pillow and your current pillow for a smooth adjustment period. The "Gentle" version offers moderate to firm support, while the firm version provides extra firmness for robust support.

Available From:

FLUFFING A CERVICAL PILLOW

To maintain like new support, our fiber pillows will need occasional fluffing to maintain optimum performance. Fluffing a supportive cervical pillow is easy but a little different from other pillows you may have used.

Reference the diagram and instructions below to customize your pillow to be firmer or softer to match your ideal neck support preferences!





PILLOW TOO SOFT?

If the neck roll in your pillow is too soft, you can move fiber from the sides of the pillow into the neck roll. This will make the neck roll firmer and more supportive or softer to match your ideal neck support preferences!

PILLOW TOO FIRM?

If the neck roll in your pillow is too firm, you can easily move fiber away from the neck roll to the sides of the pillow. This will make the neck roll softer and less supportive.

TO INCREASE THE FIRMNESS OF THE NECK ROLL

1. Start by holding the pillow upright using your legs to secure the pillow.

2. Next, place your hands together on opposite sides of the neck roll, near a corner.

3. Start by pressing your palms together creating a V shape with your hands, slowly alternate your hands while applying pressure at the base of your palms and pushing toward the middle of the cervical roll. This will help move the fiber within the pillow, towards the middle of the neck roll. Repeat on the opposite end of the neck roll.

4. Repeat this process until you reach the firmness you desire.

TO DECREASE THE FIRMNESS OF THE NECK ROLL

1. Start by holding the pillow upright using your legs to secure the pillow.

2. Next, place your hands together on center of the neck roll.

3. Start by pressing your palms together creating a V shape with your hands, slowly alternate your hands while applying pressure at the base of your palms and pushing toward the corner of the pillow. This will help move the fiber within the pillow towards the edge of the neck roll.

4. Repeat this process until you reach the firmness you desire.

MAINTAINING OPTIMUM PERFORMANCE

If you feel that you're not moving enough fiber with this technique, you can use your thumbs and gently push inward from the side of the pillow to add or remove support and volume.

Once the desired level of support is achieved, we recommend repeating this process every 1-2 weeks in order to maintain optimum performance.

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