

**OPERATING INSTRUCTIONS
IMPORTANT SAFEGUARDS**

READ ALL INSTRUCTIONS PRIOR TO USE

CAUTIONS AND WARNINGS

- Follow instructions carefully. Misuse can cause burns.
- Always be sure the gel pack is wrapped in cloth before applying to skin. We recommend using this gel pack with the included pouch to prevent injury. Direct application of this gel pack to the skin may cause burns or frostbite.
- Test the temperature by applying the gel pack to the inside of your wrist before using.
- Do not overheat. Overheating or excessive heating in the microwave may damage or destroy the gel pack. See chart for heating schedule.
- If any swelling of the gel pack is observed while heating, immediately turn off the microwave and wait for the swelling to go down before opening the microwave door.
- The gel pack and contents are safe when used as directed. If the gel pack is accidentally punctured or tears, discontinue using immediately. If the gel comes in contact with the skin, wash with soap and water. If skin becomes irritated or if the gel enters the eyes or mouth, contact a physician immediately.
- Check local laws and regulations for proper disposal of the gel pack.
- Be cautious when using the product on people whose skin may be more sensitive to temperature extremes, such as infants, young children or older persons.
- Persons with diabetes, circulatory problems, nerve damage, paralysis or sensitive skin should use only as directed by a physician.
- Consult your doctor before treating any serious injury or if pain persists.
- Do not use in conjunctions with other lotions, creams, or balms.
- For external use only.
- Use only as directed. Failure to follow these warnings may result in injury.
- Keep out of reach of children.

Heat Therapy

Heat brings increased blood circulation to affected area. This helps to relax tight muscles and restore flexibility in a wide variety of ailments. May help with: temporary muscle ache and pain relief, neck and back pain, arthritis, muscle cramps, stomach ache, menstrual cramps, sinus pain, pelvic and leg pain. Contact your doctor if pain persists.

- Gel pack may be placed in microwave directly from freezer.

- Heating Instructions:

MICROWAVE OVEN HEATING SCHEDULE

<u>Wattage</u>	<u>Heating Time</u>
600	75 Seconds
800	70 Seconds
1000	60 Seconds
1300	55 Seconds

- Adjust heating times accordingly to suit the power of your microwave.
- Check the pack to make sure the desired temperature has been reached, and if needed, continue to heat in 10-second intervals.

IMPORTANT: Do not exceed heating times. To avoid injury do not exceed recommended heating times. In the event heating times are exceeded allow product to cool sufficiently before removing from microwave.

- Overheating will damage the product.
- Heat will generally last for 20-30 minutes then remain warm.
- Do not apply the product for longer than 20 minutes at one time.
- Wait at least 2 hours before beginning another heat therapy session.
- If the gel pack is uncomfortable during use, discontinue use immediately.

Cold Therapy

Cold decreases blood circulation to an affected area. This helps to reduce the swelling and pain caused by inflammation and relieves discomfort. May help with: temporary headache relief, fever reduction, toothache, sunburn, minor burns, sprains, minor cuts, beauty treatment, swelling reduction, scratches and abrasions. Contact your doctor if pain persists.

- Place gel pack in the freezer.
- After 1-2 hours gel pack will reach an ideal therapeutic cold temperature while remaining flexible enough to form to the body.
- Cold will last for 20-30 minutes then remain cool.
- Do not apply the gel pack for longer than 20 minutes at one time.
- Wait at least 2 hours before beginning another cold therapy session.
- If the gel pack is uncomfortable during use, discontinue use immediately.

Ceramic Beads

Ceramic is a primary raw material commonly found in nature. These ceramic beads are non-toxic and are used in the gel pack to keep the pack hotter or colder longer. Do not ingest the ceramic beads. Follow the above instructions if the gel pack becomes punctured or torn. If the ceramic beads are swallowed, contact a physician immediately.

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