

HEAT: Microwave for 30 seconds, add additional 5 second intervals until desired temperature is reached.

COLD: Freeze for at least 2 hours. Apply for no more than 20 minutes at a time per use.

CAUTION: Packs can be cleaned with a mild soap or detergent. Hand wash only. Do not place any heavy objects on top of your packs. Discard pack if punctured. Do not eat clay. Do not use on infants. Heating packs beyond the time stated above is not recommended. For longer shelf life, keep pack in freezer while not in use.

Ariel PO# _____ -HPC China, /.