

Keep pack in freezer while not in 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 daily. Do not use on infants. Heating packs beyond the time stated above is not recommended. For longer shelf life, see and read unit's manual.  
**HEAT:** Microwave for 15 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. Heating packs beyond the time stated above is not recommended. For longer shelf life, see and read unit's manual.

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