

TO USE HEAT:
Wrap pack with damp
cloth or paper towel. Microwave
for 15 seconds, add additional 5 second
intervals until desired temperature is reached.

TO USE COLD: Freeze for at least 2 hours. The pack
should only be applied to the relief area for the doctor
recommended time of 20 minutes.

CAUTION: Packs can be cleaned with a mild soap or detergent.
Do not place any heavy objects on top of your packs. Discard pack
if punctured. Do not swallow beads. 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.

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China, XX/ xxxx