

PC610

COLD-HOT PACK

REUSABLE • NON-TOXIC

USES

Use only as directed, do not apply directly to skin.
Apply item to affected area. Repeat as necessary for short term relief.

WARNING

For external use only. · Not suitable for children under 3 years of age. · If contents contact skin, wash area with soap and water to avoid irritation. · If contents contact eyes, flush thoroughly with water and contact a doctor.

DIRECTIONS

Always inspect pack for cracks and tears before use.

TO USE COLD:

- Helpful for bruises, sprains, insect bites, or sunburn.
- Store in refrigerator before use.
- Apply cold gel pack for several minutes to ease discomfort.

TO USE HOT:

- Helpful for jaw or muscle pains, clogged sinuses, headaches, or neck stiffness.
- Wrap pack with damp cloth or paper towel.
- Microwave for 10 seconds; add additional 5 second intervals and stop when safe and desired temperature is reached.
- Remove and test temperature before using.
- Apply to affected area for soothing effect.
- Remove after 3-4 minutes of use.

CAUTION

Do not use if punctured, torn or leaking. Apply only after following directions for use. Individuals with circulatory problems should use gel pack only at the direction of a physician.

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