

COLD & HOT PACK

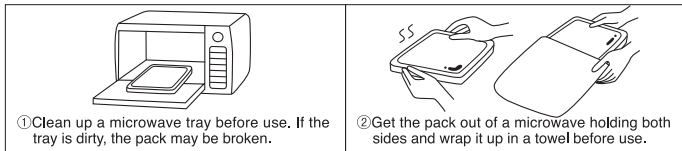
INSTRUCTIONS FOR USE



Use for cold pack

- Put the pack horizontally in a freezer and cool for 6 to 8 hours.
- Wrap the pack in a towel before use to avoid touching the skin directly.
- The continued cooling time is approximately one hour (Our internal measured value). However, it varies according to external environment or use conditions.
- If you leave the pack in a freezer for a long time, it may freeze hard. In that case, leave the pack at room temperature for a while before use.

Use for hot pack



Standard heating time

600W	2 minutes
500W	2 min 30sec

- If necessary, heat the pack for additional 20 to 30 seconds while keep watching inside. (If the pack is expanding during heating, turn off the microwave immediately.)
- When using a over 700 watt microwave, shorten the heating time.
- Do not use a commercial microwave.

Heating precautions

- Overheating may cause burst of the product. Make sure to heat according to the instruction. Do not heat continuously more than the indicated heating time.
- Make sure to set up the heating time in a microwave. Do not use a function of automated heating system.
- If the product is burst during heating, turn off the microwave immediately, and dispose it after cooling down. (If the gel in the pack is leaked on the microwave tray, wipe it with a cloth.)



WARNING

- Do not eat this product.
- Do not heat in a microwave shortly after taking out this product out of a freezer.
- Wrap this product in a towel before use to avoid touching the skin directly.
- If this product is applied to the same part for extended periods, frostbite or low temperature burn may cause.
- If you have abnormalities in cold and warm sensation or perceptual disorder associated with diabetic, consult with a physician before use to avoid frostbite or burning.
- If the content touches to the skin or gets into eyes, rinse it with lukewarm water. If you have abnormal conditions, consult with a physician



CAUTION

- Do not apply this product to clothing directly. The product' s dye may bleed onto clothing.
- If children use this product, make sure to use carefully under the supervision of a guardian.
- Dropping this product, hitting it to a hard or sharp material, or bouncing on it may cause burst of the product.
- Do not fold this product in two. It may cause damage.
- If the content is leaked out and attach to clothing or sheets, wipe it with a cloth and rinse it with water.
- Keep this product out of reach of children, avoiding heat, moisture and direct sunlight.
- If the content become watery or the pack is broken, discontinue use and dispose of it immediately.

How to wash and dispose

- If this product gets dirty, please wash off with water and dry it in the shade.
- When dispose of this product, please separate it into the content and the outer package as required by your local government.

Descriptive labeling

Material	
Outer package: nylon, PVC	Content: water, polypropylene glycol, methylcellulose, artificial color, preservative

After use, please dispose of this product according to the rule of your local government.

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