**GR6351** Instructions

5 3/4” x 3 3/8” (146mm x 86mm)

**GEL BEAD HOT/COLD PACK**

*Always wrap gel pack in a towel before applying to affected area. Direct application of this gel pack to the skin could cause frostbite or burns.*

**Cold Application:** Store the Gel Pack in the refrigerator for immediate use on minor bruises, insect bites or sunburn. Freeze for at least one hour to attain maximum coldness. Do not apply directly to the skin when pack is frozen.

**Warm/Hot Application:** Starting with the gel pack at room temperature, microwave on medium power for 20 seconds in a 900 watt microwave. If more heat is necessary, heat in 10 second intervals until desired temperature is reached. **For higher wattage microwaves, start with 15 seconds at medium power** and step up with 10 second intervals. Always test temperature before applying to skin.

**WARNINGS**

**Caution: Gel Pack will be HOT after microwaving.** For external use only. Do not use for more than 20 minutes at a time. Consult a doctor for extended use. Do not overheat. Always use under adult supervision. Not suitable for children. This is not a toy. Gel pack should not be used by individuals who are insensitive to temperature extremes, such as those with circulatory problems, diabetes, nerve damage, paralysis. Do not use the cold pack with sports creams, balms, liniments or lotions. Do not drop if frozen, pack may rupture. Do not pierce gel pack. Discard pack if punctured or worn. Do not swallow beads. If gel is ingested, drink plenty of water and contact your doctor. After use, wash with warm, soapy water and dry with a soft cloth.

Product Code: IME Registration No. 890.5700

Distributed by Logomark, Inc. Made in China

Tustin, CA 92680 USA GR6351