

- **Heating times are only a guideline and should be adjusted to suit personal requirements.** Please follow all instructions carefully.
- Heat wheat bag for 1min 30 seconds in a 1100 Watt microwave oven. Note power varies between microwaves. If the heat is not strong enough increase the heating time in 30 second increments but **do not exceed a maximum of 3 minutes.**
- When heating ensuring wheat bag does not obstruct the turntable to allow for even heating
- To prevent wheat grains from drying out it is recommended that a separate container of water is placed in the microwave when heating the wheat bag. This creates humidity within the microwave and helps maintains the effectiveness of the wheat bag. Extra care should be taken when removing the container of water from the microwave as it will be extremely hot.
- After heating give the pack a little shake to distribute the grains evenly.
- Check the temperature of the wheat bag on your forearm, **Remember tolerance to heat can vary especially in the elderly and young.**
- Cool wheat bag completely before reheating. If the wheat bag has cooled and further heating is required it can be reheated for half the recommended time.
- If overheating occurs, a burning smell may be detected. Carefully place the wheat bag onto a non-combustible surface such as a kitchen sink. **Allow to cool completely then discard.**
- Wheat bags are **not recommended as bed warmers.** Old, dry and overheated wheat bags have the possibility of combustion when placed under blankets or bedding where heat cannot escape.
- Wheat bags are **not recommended for children under 3 years of age.**
- **To use wheat bag as a cold pack.** Place the wheat bag into a plastic bag, seal and store in the freezer until required. Remove from the plastic bag & apply as required.
- When storing your wheat bag ensure it is completely cool and moisture free before putting in a cool dry place.