



HotSnapZ gives instant heat up to approximately 120–130° F when activated, and can be used again and again.

Use as directed by your physician or medical practitioner.

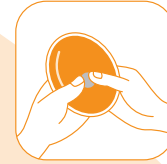
The reusability of HotSnapZ makes them environmentally friendly products!

Contents:

Water and Sodium Acetate
(a non-toxic food grade salt.)

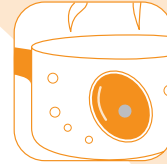
To Activate:

1. Flex the metal disc back and forth between both thumbs and forefingers until crystals start to form.
2. Knead pack to distribute crystals and intensify heat.



To Recharge:

1. Place the hardened heat pack into boiling water.
2. **Be sure to elevate the product from the bottom surface of the pan.** Use a heat resistant object (such as a small plate, utensil, or steamer rack).
3. Boil until ALL CRYSTALS are completely liquified and melted (approximately 5–12 minutes).
4. When the pack cools down, your HotSnapZ is ready to be used again.



Note: If your HotSnapZ begins to crystallize as it cools, increase boiling time until all crystals are dissolved.

For external use only.