

BIOS Living Therma-Wrap Natural Hot / Cold Wrap
COVER MADE FROM: 100% POLYESTER

Care Instructions:

- **Do not** machine wash
- **Do not** dry clean
- **Do not** tumble dry
- Use a damp cloth to wipe clean and/or spot clean with very mild soap **ONLY**
- **DO NOT** USE abrasive detergents

⚠ READ BEFORE USING

- **DO NOT** HEAT IN CONVENTIONAL OVENS
- **Do not** leave the BIOS Living Therma-Wrap Product unattended while heating

Overheating may cause cover to ignite or burn

Instructions:

- **FOLD** the BIOS Living Therma-Wrap and place it on a clean microwave safe plate
- If using an **800 Watt Microwave** heat for 1 minute. If a higher temperature is required, microwave at 20 second intervals. **DO NOT EXCEED 2 MINUTES TOTAL**
- If using a **1000 Watt or Higher Microwave** heat for 20 seconds. If a higher temperature is required, microwave at 20 second intervals. **DO NOT EXCEED 2 MINUTES TOTAL**
- After the desired temperature has been achieved, leave in microwave for 1 minute before using
- Always touch test for hotspots and overall temperature before using

USING THE THERMA-WRAP COLD

Place the BIOS Living Therma-Wrap in the freezer for minimum 20 minutes before use

⚠ READ BEFORE USING

- **Do not** use while sleeping
- **Do not** use on infants
- The unattended use of the product by children or incapacitated persons may be dangerous
- Keep out of reach of children
- Not to be used on a person with diabetes
- **Do not** use on person(s) who are paralyzed
- **Do not** use on areas that are numb, experience tingling or insensitive skin (for example, skin that is not sensitive to temperature changes resulting from advanced age, diabetes, stroke or medications for pain or sleeplessness)
- **Do not** use on or near open wounds or broken skin
- To prevent burns from heat or cold check skin frequently - at least 10 minutes and/or move the location of the pack frequently
- Position the heat pack on top of and not underneath the body part in need of relief to prevent skin burns
- **Do not** sit on or against the BIOS Living Heat Products
- **Do not** sterilize or place the BIOS Living Heat Product into a sterilizer, autoclave or boiling water, it is not intended to be sterilized
- The unit has no protection against water
- **Do not** use excessive water or immerse it into water
- Use of excessive water, immersion into water or use a solvent may result in irreparable damage to the BIOS Living Heat Products
- Spot cleaning with mild soap and damp cloth is recommended to keep your BIOS Living Heat Product clean
- Never heat a BIOS Living Heat Product that is wet in any manner, it can burn you
- Always protect furniture and delicate fabrics
- This product is intended solely for non-commercial, non-industrial, personal use