

BIOS Living Natural Heat Products

COVER MADE FROM: 100% POLYESTER

Care instructions:

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

⚠ READ BEFORE USING

- **TO BE HEATED IN MICROWAVE ONLY**
 - **DO NOT HEAT IN CONVENTIONAL OVENS**
 - Lay the BIOS Living Natural Heat Product **FLAT** onto a clean microwave safe dish
 - **Do not** leave the BIOS Living Natural Heat Product unattended while heating
- Overheating may cause cover to ignite or burn**

Instructions:

- Microwave for 1 minute if using a 700 watt microwave. If using a 1000 watt microwave only heat for 45 seconds. If you are unsure of your microwave wattage, only microwave in 20 second intervals until the desired heat is met.

DO NOT EXCEED 2 MINUTES TOTAL OF HEATING

- 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
- **Do not** wrap the BIOS Living Natural Heat Product in any manner; this could result in a build-up of heat **AND RESULT IN SKIN BURNS**
- **Do not** reheat the bag until it has completely cooled. Reheating before hand may cause the contents to over heat and can cause harm
- Watch for these signs of over heating: over-cooked odour; smell of burning; or, in extreme cases, smoking and/or charring.

USING THE NATURAL HEAT PACK COLD

- Place in the freezer for a minimum of 20 minutes before use

⚠ READ BEFORE USING

- **Do not** use while sleeping
- **Do not** use on infants or young children
- 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 every 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 Natural Heat Products
- **Do not** sterilize or place the BIOS Living Natural Heat Product into a sterilizer, autoclave or boiling water, it is not intended to be sterilized
- The product has no protection against water
- **Do not** use excessive water or immerse it into water
- Use of excessive water, immersion into water or use of a solvent may result in irreparable damage to BIOS Living Natural Heat Products
- Spot cleaning with mild soap and damp cloth is recommended
- Never heat a BIOS Living Natural 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