BIOS living

GEL BEAD THERAPY
INSTRUCTIONS FOR USE:

Use **HOT** to help provide relief from aches and pains, or use **COLD** for sprain and bruising relief.

Use fabric side for increased comfort and reduced temperature, or use beaded side for full strength effects.

HOT: ONLY heat when product is at room temperature (21-24ºC). Fold pack in half so that gel beads face inward. Place in a microwave and heat for 10 seconds for eye and face masks, or 30 seconds for shoulder, back and knee wraps, let stand in microwave for 30 seconds before touching. Heat for additional 5 second increments until desired temperature is reached. Before use, check to make sure temperature is suitable for skin.

For eye and face masks:
DO NOT exceed total heating time of 25 seconds.

For shoulder, back and knee wraps:
DO NOT exceed total heating time of 30 seconds.

COLD: Place room temperature pack in freezer for at least two hours. This product remains flexible when frozen, making it easy to apply.

CARE: Surface clean regularly with a damp sponge and air dry before use.

NOTICE: DO NOT machine wash. **DO NOT** immerse in liquid. Store in a cool, dry place.

WARNING: Test pack temperature before application to avoid burns. It can burn you. NOT intended for use by people with diabetes, poor circulation or sensitive skin, or in the presence of infection. If any medical condition exists, consult a physician before use. Keep out of the reach of children. Heating for longer than instructed could cause damage to the pack. Continually shift position of this product when in use, as continuous low heat in one area can cause a burn. Risk of burns---overheating or prolonged application may cause injury.

INGREDIENTS: Water, Glycerin, Sodium polyacrylate, Polyethylene glycol, Sodium chloride, Propylene glycol, Preservative.

MATERIAL: PVC and Polyester

⚠ WARNINGS – PLEASE READ CAREFULLY

To avoid frostbite or burns, set the wrap aside until it reaches a temperature your skin can tolerate.

Always try the wrap temperature by hand before use. For cold application, if the wrap is not cold enough, place the wrap in the freezer for 20 minute intervals until you reach your desired temperature.

Apply to affected area for no more than 20 minutes for cold therapy, or 30 minutes for heat therapy. There should be a 20 minute break between applications. Avoid prolonged contact with skin.

DO NOT swallow or ingest contents.

DO NOT overheat. Heating for longer than suggested may result in physical injury, damage to the product and/or damage to the microwave. When removing the wrap from the microwave, be aware that the wrap may be very hot.

DO NOT wear while sleeping.

DO NOT use on unhealthy, damaged or broken skin. Check skin frequently for breakouts, or irritation during use. If you experience any discomfort, swelling, irritations, rashes, or other changes with your skin during use, immediately discontinue use and consult with a doctor before continuing.

DO NOT use if the wrap contents are leaking or the wrap is damaged/torn. If the content from inside the wrap comes in close contact with your eyes, remove and discard the wrap, rinse the affected area with water and seek professional assistance immediately.

DO NOT use hot applications on areas of bruising or swelling.

DO NOT use on areas of the body that cannot feel hot or cold application.

DO NOT use on people who cannot remove the product on their own, including infants, children, elderly, or anyone incapable of following instructions. Keep out of reach from children and pets.

DO NOT apply extra pressure on the product.

TO AVOID BURNS:

DO NOT overheat pack. Check temperature before use.

DO NOT use heat therapy with external pain-killing products.

Heat therapy should not exceed 30 minutes at a time.

TO AVOID FROSTBITE:

Cold therapy should not exceed 20 minutes at a time.

Stop use and ask a doctor if pain worsens or persists for more than 7 days.

Ask a doctor before use if you have diabetes, poor circulation, heart disease, rheumatoid arthritis or are pregnant.

Inspect at regular intervals. Discard if you see any signs of damage.

This pack is not machine washable, spot clean with a damp cloth and allow wrap to dry.

Paper
Papier

One Year Warranty
Garantie d'un an

BIOS | Medical
MANUFACTURED BY/FABRIQUÉ PAR :
THERMOR LTD.
16975 LESLIE STREET
NEWMARKET, ON L3Y 9A1
MADE IN CHINA/FABRIQUÉ EN CHINE
WWW.BIOSMEDICAL.COM

100% Canadian Owned & Operated
Propriétaire-exploitant canadien à 100 %