BIOS living

360° MIGRAINE RELIEF GEL CAP

GEL THERAPY

Use **cold** to reduce swelling, inflammation and pain.
Use **hot** to expedite blood flow and promote healing.

FREEZING INSTRUCTIONS:

Place the migraine relief gel cap into the plastic bag supplied and place it into freezer for a minimum of 2 hours. Place the migraine relief gel cap over your head, maneuvering the cap to the point where it feels most comfortable. Wear the cap for maximum of 20 minutes. We also recommend you consult your physician if the pain continues.

HEATING INSTRUCTIONS:

With the migraine relief gel cap at room temperature, place migraine relief gel cap in center of microwave. Microwave for 30 seconds and test the cap temperature for comfort. If the cap is not warm enough, reheat for additional 10 seconds. **DO NOT** heat for more than 60 seconds. The cap should be warm, not hot. If it's too hot for comfort, allow it to cool until a comfortable temperature is reached. Wear the migraine relief gel cap for approximately 15-20 minutes. Always keep it in its supplied bag after use.

BENEFITS/FEATURES:

- Relieve migraine, tension and stress
- Soft, flexible comfortable material can be easily secured around the head to target painful pressure points for relief
- Special formulated leak proof gel
- One size fit all

WARNINGS:

- For the time of use of cold or hot therapy, Doctors recommend using a gel pack for a maximum of 20 minutes. Wait at least 20 minutes or until your skin has returned to normal temperature before applying again.
- Always test the products temperature, gel packs can cause burns or frostbite.
- Not intended for use by people with diabetes, poor circulation or sensitive skin, or in the presence of infection. Always consult a medical professional for advice about treatment of injuries or irritation. If discomfort or pain persists or increases, discontinue use and consult a physician.
- 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.

CARE INSTRUCTIONS:

Use damp cloth to wipe down. Lay flat and air dry. Do not machine wash, do not bleach, do not dry clean, do not iron.

MATERIAL:

Outer fabric: 83% nylon, 17% spandex
Inner gel: 26% water, 60% glycerol, 14% acrylamide

IMPORTANT: Always keep your migraine relief gel cap in its supplied protective plastic bag.

1 Year Warranty

Paper



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