

# Therall™ Moist Heat Pad



## *Soothing Moist Heat for Natural Pain Relief*

- Arthritis Pain
- Muscular Pain
- Sport Injuries
- Strain and Tension

Oval size (9" x 12") is ideal for Neck, Lower Back, Shoulder, and Legs.

The Moist Heat Pad is filled with unique Microbeads that absorb and retain moisture from the air until they are heated. Once heated, the Microbeads slowly release the moisture for moist heat that penetrates deep into aching muscles and soft tissues. This provides quicker and more effective pain relief than dry heat. After use, they begin to absorb moisture again. With proper care, beads will never dry out, leak or rupture, allowing for repeated use.

## **Instructions for Use**



**Caution:** Follow these instructions carefully. Misuse can cause burns. Overheating the Moist Heat Pad in a microwave oven can damage or destroy product.

### **HEATING INSTRUCTIONS:**

1. Place the Moist Heat Pad in your microwave oven without any cover (such as a towel or cloth).
2. Make sure the microwave oven is completely clean and free of any food debris or fluids.
3. Make sure any extra functions such as those used for grilling or browning are turned off.
4. Set the microwave to the highest power setting and use the following guide:

500 - 650 watts	3 minutes in Microwave
700 - 850 watts	2.5 minutes in Microwave
900+ watts	1.5 minutes in Microwave

5. When properly heated, wrap the Moist Heat Pad in a towel or cloth and place it over the area of treatment.

### **HEATING FROM WARM:**

If reheating while still warm, heat for only 30 seconds, and if more heat is needed heat only for an additional 15 seconds. The time for reheating from warm should not be more than 45 seconds in total.

Continuous use by reheating the Moist Heat Pad may result in reduced moisture – this is normal. Allow the product to rest for 2 to 3 hours and this will allow the Moist Heat Pad to rejuvenate by absorbing moisture from the air to give you an effective moist heat therapy.

### **HEATING FROM FREEZER:**

Place Moist Heat Pad in microwave at DEFROST setting or 30% power level for 3 to 5 minutes. Allow to stand 5 minutes then follow normal heating instructions.

### **COLD USAGE:**

1. Place the pad in the refrigerator or freezer inside a sealed plastic bag.
2. Allow 2 to 3 hours in the refrigerator or freezer before use.
3. Wrap the pad in a towel or cloth and place on the area of treatment.
4. Microbeads will produce dry-cold and comfortable application.

### **Warnings:**

**Do not** heat this product with any means other than a microwave oven.

**The Moist Heat Pad could be permanently damaged if heated for more than double the guideline times.**

**If overheated** your Moist Heat Pad will be too hot to touch. Please allow it to cool before removing from the microwave and check if the Moist Heat Pad has been damaged. If there is any sign of damage on the pad, **do not use** the product – it should be discarded.



**Do not** use while sleeping. **Do not** allow children or incapacitated persons to use or heat this product unless under supervision of an adult.

**Do not** use Moist Heat Pad with creams or ointment preparations that contain heat-producing ingredients. Skin burns could result.

This product will produce moisture. **Do not** use it resting against your furniture, etc., as the pad will make the surface wet.

**IMPORTANT: Do not exceed 30 minutes per application. Recommended treatment time is 10-30 minutes with 2 hours in between each therapy. Check the treatment area every 10 minutes to help prevent burns or frostbite. Always consult your physician before beginning any hot or cold therapy. If pain doesn't improve or becomes more severe or if new symptoms occur, consult your physician immediately.**

**Care Instructions:** Do not wash this product. Do not wet this product.



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