SAFETY INSTRUCTIONS AND WARNINGS

BEFORE EACH USE: INSPECT THE PACK FOR ANY SIGNS OF WEAR AND TEAR, PERMANENT CREASES, RIPS AND TEARS, PUNCTURE MARKS, LEAKAGE OR DISCOLORATION. IF ANY DAMAGE IS PRESENT, THE PACK SHOULD NOT BE USED AND SHOULD BE IMMEDIATELY DISCARDED.

• DO NOT ATTEMPT TO HEAT OR REHEAT THE PACK BY ANY OTHER MEANS THAN AS DIRECTED IN THIS MANUAL.
• DO NOT EXPOSE THE PACK TO OPEN FLAMES AS THE PACKAGING WILL MELT AND MAY CAUSE A FIRE.
• DO NOT HEAT THE PACK IN A DIRTY MICROWAVE AS ANY LEFTOVER FOOD PARTICLES OR GREASE MAY CAUSE HOT SPOTS WHICH WILL DAMAGE YOUR PACK.
• DO NOT ATTEMPT TO MICROWAVE A FROZEN PACK. ALLOW THE PACK TO COMPLETELY THAW TO ROOM TEMPERATURE PRIOR TO HEATING.
• DO NOT ATTEMPT TO DEFROST OR THAW THE PACK USING A MICROWAVE.
• DO NOT MICROWAVE THE PACK INSIDE A FABRIC COVER AS IT IS IMPORTANT TO OBSERVE THE PACK DURING THE ENTIRE HEATING PROCESS.
• DO NOT ALLOW THE PACK TO TOUCH THE SIDES OF THE MICROWAVE WHILE HEATING AS DAMAGE TO THE PACK MAY OCCUR.
• DO NOT LEAVE THE PACK UNATTENDED WHILE HEATING.
• DO NOT ATTEMPT TO IMMEDIATELY REMOVE THE PACK FROM THE MICROWAVE IF THE PACK EXPANDS (SWELLS-UP) DURING THE HEATING PROCESS. WAIT UNTIL THE PACK HAS COOLED DOWN AND THE SWELLING HAS SUBSIDED BEFORE AttemptING TO REMOVE THE PACK.
• IF THE PACK EXPANDS OR LEAKS FLUID DURING THE HEATING PROCESS DISCONTINUE USE AND DISCARD IMMEDIATELY.
• DO NOT HEAT OR REHEAT THE PACK BEYOND THE RECOMMENDED TIMES.
• CAUTION! BE CAREFUL WHEN TAKING THE PACK OUT OF THE MICROWAVE BECAUSE IT WILL BE HOT.

STORAGE & CARE WARNINGS: THE PACK SHOULD BE STORED FLAT IN A COOL, DRY PLACE WHERE IT WILL NOT BE DAMAGED.

DO NOT STORE THE PACK IN A FOLDED OR TWISTED MANNER.

DISPOSAL WARNINGS: YOUR PACK HAS A LIMITED LIFESPAN AND CANNOT BE USED INDEFINITELY. YOUR PACK SHOULD BE DISPOSED, IF DEMONSTRATING WEAR AND TEAR OR DAMAGE. THE PACKAGING AND INTERNAL CONTENTS OF YOUR PACK IS NON-TOXIC AND CAN BE DISPOSED OF ALONG WITH YOUR REGULAR REFUSE.

MICROWAVE INSTRUCTIONS:

USE THIS CHART FOR HEATING TIMES. THE PACK IS DESIGNED TO BE HEATED IN A CLEAN MICROWAVE.

CONSULT MICROWAVE MANUAL FOR MICROWAVE WATTAGE. IF YOU ARE UNSURE OF WATTAGE, START WITH A SHORT HEAT TIME AND GRADUALLY GO UP TO THE RECOMMENDED HEAT TIME. ALL MICROWAVES HEAT DIFFERENTLY.

<table>
<thead>
<tr>
<th>ITEM</th>
<th>MICROWAVE 1000 WATTS – 1600 WATTS</th>
<th>MICROWAVE MORE THAN 1600 WATTS</th>
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</thead>
<tbody>
<tr>
<td>6&quot; X 7&quot; - 20 OZ</td>
<td>2 MIN 30 SEC</td>
<td>1 MIN 30 SEC</td>
</tr>
<tr>
<td>8&quot; X 12&quot; - 24 OZ</td>
<td>2 MIN</td>
<td>1 MIN 30 SEC</td>
</tr>
<tr>
<td>8&quot; X 12&quot; - 40 OZ</td>
<td>4 MIN</td>
<td>2 MIN 30 SEC</td>
</tr>
<tr>
<td>10&quot; X 14&quot; - 40 OZ</td>
<td>4 MIN 15 SEC</td>
<td>2 MIN 30 SEC</td>
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</tbody>
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FREEZING INSTRUCTIONS:

PLACE PACK FLAT INTO A FREEZER OVERNIGHT.