

READ
DIRECTIONS/CAUTIONS
BEFORE USE

Squeeze

TO ACTIVATE



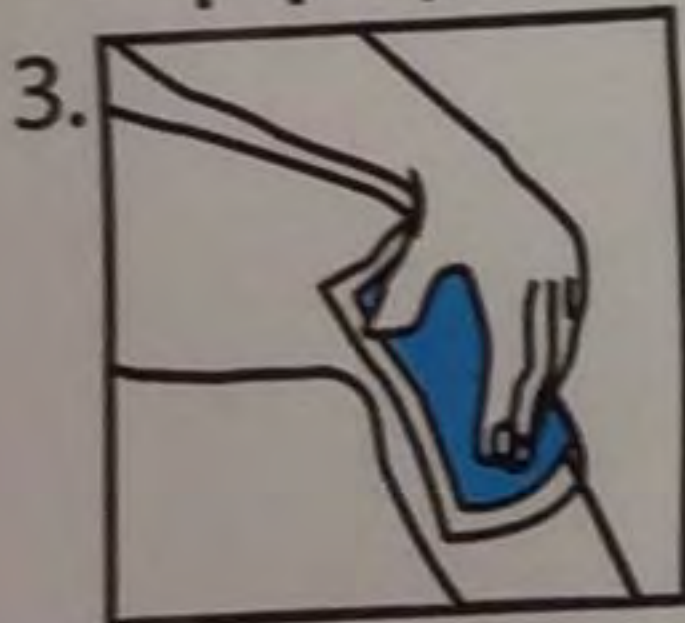
Locate inner liquid bubble at mid-section. Grasp outer edges of cold pack as shown with both hands, pointing away from body, and squeeze firmly to break inner liquid bubble.

Shake



Shake pack well to mix ingredients thoroughly for best results. Pack will turn cold immediately.

Apply



Wrap in cover or thin cloth. Apply cold pack to desired area.

DISPOSE OF AFTER
ONE-TIME USE



DISPOSE
DO NOT
FREEZE
DO NOT
RE-USE

