

PLEASE READ FOLLOWING INSTRUCTIONS:

ABOUT THERABEADS®

TheraBeads use moist heat to help relieve pain associated with arthritis, minor muscle aches, pains and sprains. The patented coating on TheraBeads enhances their ability to capture and release moisture without having to add water and they are designed for heating in the microwave oven. TheraBeads are not recommended for any purpose other than its intended use as stated above.

CAUTION: PLEASE FOLLOW INSTRUCTIONS TO AVOID INJURY

1. Cleanse treatment area from body lotions, oils or gels prior to the application of the pad. Contact with lotions, oils or gels can alter the effectiveness of TheraBeads.

2. MICROWAVE PREPARATION:

Clean microwave to eliminate food particles and/or fluid residue. These particles and residues can create "hot spots" in TheraBeads.

3. THERABEADS PREPARATION:

Place pad in clean microwave and heat at fullpower for 60 seconds. *(For non-carousel type microwaves, heat 30 seconds and then rotate pack 180° for an additional 30 seconds).*

Touch test TheraBeads pad before using.

Sixty (60) seconds of heating should bring TheraBeads to the desired temperature. However, if more heat is desired, continue to heat at 30 second intervals until the desired temperature is reached. Always touch test after each additional 30 second interval.

Due to variable power and heat characteristics of microwave ovens, lightly touch test the product to **determine uniform, safe heat levels prior to applying to treatment area. This is important for all individuals, but especially those who have diabetes, circulatory conditions or altered temperature sensitivity at the treatment site.**

4. Apply to treatment area.

PROPER USE AND MAINTENANCE

Allow TheraBeads to recover moisture from the air and restore themselves for continued use. It is important to **always allow the moist heat pack to rest for a minimum of 2 hours before reheating.** (Dryer climates may require additional time). This will allow the TheraBeads pad to re-absorb moisture from the air.

CLEANING AND STORAGE:

- Only surface wipe (clean water only) with damp cloth if TheraBeads pad becomes soiled.
- Allow to air dry thoroughly before storage or use.
- **DO NOT** immerse in any type of liquid solution – this will destroy the TheraBeads pad.
- **DO NOT** machine wash.

- Only surface wipe (clean water only) with damp cloth if TheraBeads pad becomes soiled.
- Allow to air dry thoroughly before storage or use.
- **DO NOT** immerse in any type of liquid solution – this will destroy the TheraBeads pad.
- **DO NOT** machine wash.
- **Always** store TheraBeads products in their original clamshell container.

CAUTION: It is recommended that you consult a physician prior to use if you have diabetes, circulatory problems, are experiencing serious acute pain or persistent chronic pain and if you are experiencing altered temperature sensitivity at the treatment site. Persons with circulatory condition should take particular care to test temperature of the TheraBeads product before use. Please consult a physician prior to use if you are experiencing serious acute or persistent chronic pain.

Please visit LiveHealthSmart.com for more information about the variety of our selection of TheraBeads and other products.

WARNING:

To avoid possible injury, read and follow all instructions. Clean inside of microwave to remove any food residue. Do NOT heat with any protective cover on. Heat TheraBeads® at full power for 60 seconds (for non-carousel microwaves, heat 30 seconds, then rotate 180° and heat for an additional 30 seconds). **NOTE: Due to variable power and heat characteristics of microwave ovens, lightly touch test TheraBeads to determine uniform and safe heat levels prior to use.** This is especially important for individuals with diabetes, circulatory conditions or altered temperature sensitivity at treatment site. If more heat is desired, continue heating in 30 second intervals. Remove from microwave. Place protective cover on TheraBeads. Contact with lotions, oils or gels can alter the TheraBead's effectiveness. Clean treatment area on body and apply TheraBeads.

Wait a minimum of 2 hours before reheating. Drier climates may require additional time. Do not use more than 4 times in a 24 hours period.