



Directions for use

READ BEFORE FIRST USE

FREEZE IT

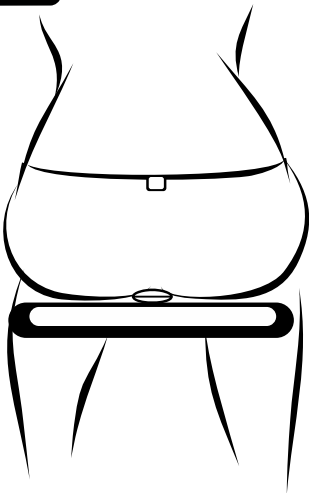
Place your *10 Minute Ice Cold Pack* in your home freezer for 1 to 2 hours before use.

SIT ON IT

Sit still in an upright position with your clothes on and sit on it.

The Cold Pack will begin to deliver relief right thru your clothing.

The slim shape of your *10 Minute Ice Cold Pack* is designed to minimize any applied pressure on your hemorrhoid while directing the cooling right where you need it most. Recommended length of use is ten minutes up to 6X daily.



WARNINGS:

FOR EXTERNAL USE ONLY - NEVER ATTEMPT TO PLACE BETWEEN YOUR BUTTOCKS OR INSERT INTO YOUR ANUS. NOT INTENDED FOR DIRECT CONTACT WITH YOUR SKIN.

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Manufactured by:
Ten Minute, Inc.
Carefree, Arizona

www.tenminuteice.com

US and Foreign Patents pending

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Save these directions and the package your
10 Minute Ice therapy packs came in.
Made in China.

