

## **GENERAL INSTRUCTIONS:**

1. Turn cap counter clockwise to loosen and remove.
2. Application: For heat therapy, fill bottle with hot tap water (not boiling) until two-thirds full. For cold therapy, fill bottle with cold tap water until two-thirds full.
3. Release excess air from bottle.
4. Secure cap back into neck.
5. To test for leakage, turn bottle upside down and press on it firmly.
6. Apply water bottle 10 to 15 minutes at a time, waiting at least one hour between treatments.

## **WARNINGS:**

1. Carefully examine water bottle before each use. If it shows signs of wear, such as cracks, dryness or bubbles, it should be discarded.
2. Use only plain tap water in or on this water bottle. Using anything other than plain tap water could cause damage to the water bottle and cause it to break.
3. Never use boiling water in water bottle, even very hot tap water can cause burns.
4. Do not fold, sit on, or lie on water bottle during use.
5. For application to areas of sensitive skin, wrap water bottle in a soft cloth or towel.

**CAUTION:** This product contains natural rubber latex which may cause allergic reactions.