



# ThermaCare Advanced Back Pain Relief Heatwraps

## Uses

Drug-free pain relief associated with muscle tension, over-exertion, sprains and strains, arthritis.

## Dosage

Place over painful area with darker discs toward skin. Wear for 8 hours to get up to 16 hours pain relief. Those 55 years and over should wear over a layer of clothing. Not to be used for more than 8 hours in a 24-hour period.

## Format and Ingredients

Heatwraps for the lower back and hips