

torex information

Individuals with known or suspected circulatory problems should not use hot/cold packs except under the direct supervision of a physician. Never place torex in direct contact with skin. Always use the insulating compression sleeve (included with MC2 and Roll-On) or equivalent protection between the torex and your skin to prevent frostbite or burns. Do not exceed 20 minutes for cold applications. Wait 20 minutes prior to second application. Ensure torex is sized correctly and does not fit too tightly, which can restrict circulation. Two fingers should easily slide between torex and treatment area. Never apply a torex that is too tight. Inspect all packs for leaks prior to use. Discard if any are found. Keep out of reach of children. Torex is not a toy. Torex is for external use only. Suggested action for contact with gel: Thoroughly flush area with water & mild soap. If swallowed call doctor or poison control.

Cold Treatment

Refrigerate or freeze torex for two or more hours prior to use. Gently knead to soften prior to use.

Heat Treatment

Hot water heating method (recommended): Heat 3 quarts of water, place torex in water, heat to desired temperature. Remove from water and test temperature before use. Let cool if torex feels too hot. Dry before use.

Microwave heating method: In center of microwave, lay torex flat and spread gel even. Heat on **DEFROST** for 1 minute. Remove, knead and test temperature. If required torex may be heated on **DEFROST** for intervals of 20 additional seconds. Knead and test temperature before use. Let cool if torex feels too hot.

Warning: Do not heat on high, overheating may occur. **Do not heat finger pack in microwave.**

Use and Application

Place insulating compression sleeve or equivalent protection over limb or treatment area. Gently place the pack on the treatment area, or roll the torex Roll-On over the limb to the desired position. Remove cold pack after 20 minutes or if it becomes uncomfortable. Wait 20 minutes prior to second cold application if required. **Never place torex on bare skin.**

Storage and handling

For maximum life and performance we recommend that torex be stored in the freezer after package has been opened. To store and protect torex out of the freezer always place in a heavy duty zip type freezer bag, squeeze out air and seal closed. Return to freezer as soon as possible. Normal product life is about one year.

Ingredients

Water, Propylene Glycol, Thickener FD&C Blue #3.

Torex® and MC2® are registered trademarks.

US patent# 7,060,086; 7,121,111; 7,481,786; 7,621,944

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