

**Prod. Nr. 100**

The Kuddler Products contain a non-toxic gel, which can be cooled or heated many times. Cooling/heating can be relaxing and comforting and can lessen pain, as well as the symptoms of certain health problems and muscle tenseness.

**HEATING - MICROWAVE:**

**First Use:** On first Use heat the Kuddler Large **in steps** as follows (this will establish the standard heating time on your microwave - and will always stay the same). On the first use, note heating times:

**- Heat 1,5 min.**

- Test the Kuddler for desired heat (reach into cotton cover).
- If not warm enough, heat in intervals of additional 30 sec. each, until the desired temperature is reached.
- **If the Kuddler starts to balloon STOP MICROWAVE IMMEDIATELY.** This means the Kuddler has been overheated. Check for damage / shorten heating time on next use!

**WARNING!!** >>> **Do not heat longer than a total of 2 Min. at 1100 W., 3 Min. at 800 W. or 4 Min. at 550 W.** If overheated, gel insert and cover may be damaged.  
OVERHEATING WILL INVALIDATE OUR PRODUCT GUARANTEE OF 6 MONTH.

**⇒!!! REHEATING: microwave - within 2-4 hours**

Re-heat the Large Kuddler **only** for 30-60 sec. – Stop immediately when it starts to balloon!!!

**Future Uses:** Add up total heating time of the first use and apply this time to heat your Large Kuddler.

**Caution:** When used with another microwave, proceed as on **First Use.**

**HEATING: hot water**

Boil a pot of water and take it off the heating plate. Then, take the gel inserts out from their cotton covers and place them for 5-10 minutes into hot water. Carefully take the gel insert from the water and replace it in the cover. Your Kuddler is now ready for use.

**HEATING: electrical (baking) oven**

Place your complete Kuddler (cover with gel inserts) into the oven. Set temperature to 150°C. Usable 10 min. after your oven reached the chosen temperature.

**Please note:** The Kuddler is not supposed to heat intensely, but is supposed to provide comfortable warmth. Do not overheat! Keep in mind, that products heated in a microwave oven only reach their final temperature a short time after the end of the cooking cycle.

**For your information:** Microwave ovens vary according to Model, Type and Power (Watt). With lower power the Kuddler will need a longer heating time, with higher power a shorter time.  
**Do not heat gel insert without it's cover.**

**COOLING: freezer**

Your Kuddler® may also be used cold - for pain relief, cooling, etc. Put product in a plastic bag and cool down 1-2 hours in the freezer. The gel insert will stay flexible. Do not apply cold longer than 20 min.! Prolonged use only on the order of your physician! If you have an unstable circulatory system, consult a physician before cold use.

**ATTENTION:** - DO NOT REUSE A DAMAGED PRODUCT.

- DO NOT LET SMALL CHILDREN OR BABIES PLAY WITH A HOT OR COLD GEL PACK.
- DO NOT PLACE HOT OR COLD GEL PACK DIRECTLY ON SKIN