INSTRUCTIONS

- Do not open outer package until ready to use.
- Remove warmer from outer package; shake to activate. Do not open, puncture or tear warmer.
- For maximum efficiency, place warmer in pocket or gloves.
- Warmer heats up in 15-30 minutes.
- If heat decreases, expose warmer to air and shake.
- After use, dispose with regular garbage. Ingredients will not harm environment.