



**Midol® Heat Vibes  
Menstrual Heat Patch**

**Information Panel**

Please read ALL instructions and warnings before use. To reduce the risk of burns, fire and personal injury, this product must be used in accordance with the warnings and use instructions.

**USES**

Provides heat therapy for temporary relief of minor menstrual cramps and associated backaches.

**⚠ WARNINGS**

**FOR EXTERNAL USE ONLY.**

**THIS PRODUCT CAN CAUSE BURNS.**

- **55 OR OLDER: YOUR RISK OF BURNING INCREASES AS YOU AGE**
- **DO NOT WEAR WHILE SLEEPING**
- **CHECK SKIN FREQUENTLY DURING USE. IF YOU FIND IRRITATION OR A BURN, REMOVE PRODUCT IMMEDIATELY.**

**DO NOT USE**

- if your doctor does not recommend its use for you or your condition
- if patch contents leak and/or is damaged or torn
- for more than 8 hours in a 24-hour period
- more than 1 patch at a time or per day
- with pain rubs, medicated lotions, creams or ointments
- on open sores or on unhealthy, damaged or broken skin
- if you are bedridden or prone to skin ulcers
- on areas of bruising or swelling
- on areas of the body where you cannot feel heat
- with other form of heat, including electric heat
- on people unable to remove the product, including children, infants, and some elderly
- on people unable to follow all use instructions
- if you are allergic to any component of the patch
- on children under the age of 12

**ASK A DOCTOR BEFORE USE IF YOU HAVE**

- diabetes
- poor circulation or heart disease
- rheumatoid arthritis
- are pregnant or breast-feeding



- nerve damage

**WHEN USING THIS PRODUCT**

- check skin frequently for signs of burns, blisters or persistent skin redness – if found, stop use
- if product feels too hot – stop use
- do not place extra pressure or tight clothing over patch
- to avoid increased risk of burns, remove product before undergoing any MRI (magnetic resonance imaging) procedures

**STOP USE AND ASK A DOCTOR IF**

- pain worsens or persists for more than 4 days
- you experience any discomfort, burning, rash or other changes in your skin that persist where the patch is worn

**KEEP OUT OF REACH OF CHILDREN AND PETS.**

- Patch contains iron. Can be harmful if ingested. If ingested, rinse mouth with water and call a Poison Control Center immediately.
- If patch contents come in contact with your skin or eyes, remove patch, rinse affected area with water, and seek professional assistance immediately.

**DO NOT MICROWAVE or attempt to reheat as patch could catch fire.**

**DIRECTIONS**

1. Tear open pouch when ready to use. Use immediately after opening. Patch starts to warm on its own.
2. Peel away paper backing to reveal white adhesive side.
3. Attach white adhesive side of the patch to the outside of underwear or thin clothing to warm lower abdomen or back.
4. Neither side of the patch should come in direct contact with skin. Never adhere patch directly to bare skin.
5. Do not wear for more than 8 hours in any 24-hour period or more than 1 patch per day. Dispose after use. Do not reuse.

**INGREDIENTS**

iron powder, water, activated carbon, sodium chloride, sodium polyacrylate, quartz monzonite powder, vermiculite, silicon dioxide



<b>OTHER INFORMATION</b> Store at room temperature.
<b>QUESTIONS OR COMMENTS? 1-800-331-4536</b> (Mon-Fri 9AM – 5PM EST)
<b>LOT/Control Number</b>
<b>Expiration Date</b> YYYY-MM-DD
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