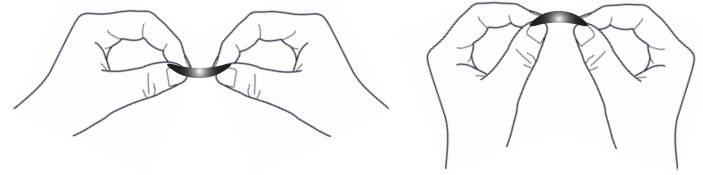




To activate your heating pad, hold the heating pad while placing the internal metal disc between your thumbs and index fingers and "snap" it back and forth one time. Do not bend the disc.

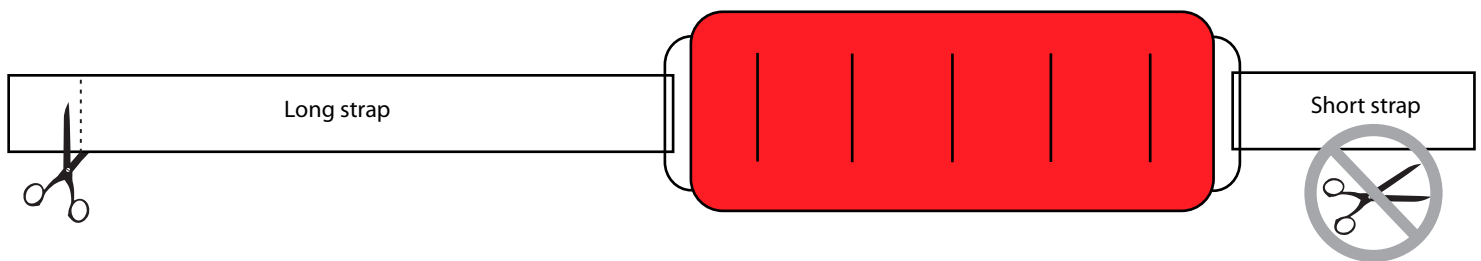


## Fitting Instructions

### OPTION 1: Adjust Strap Length

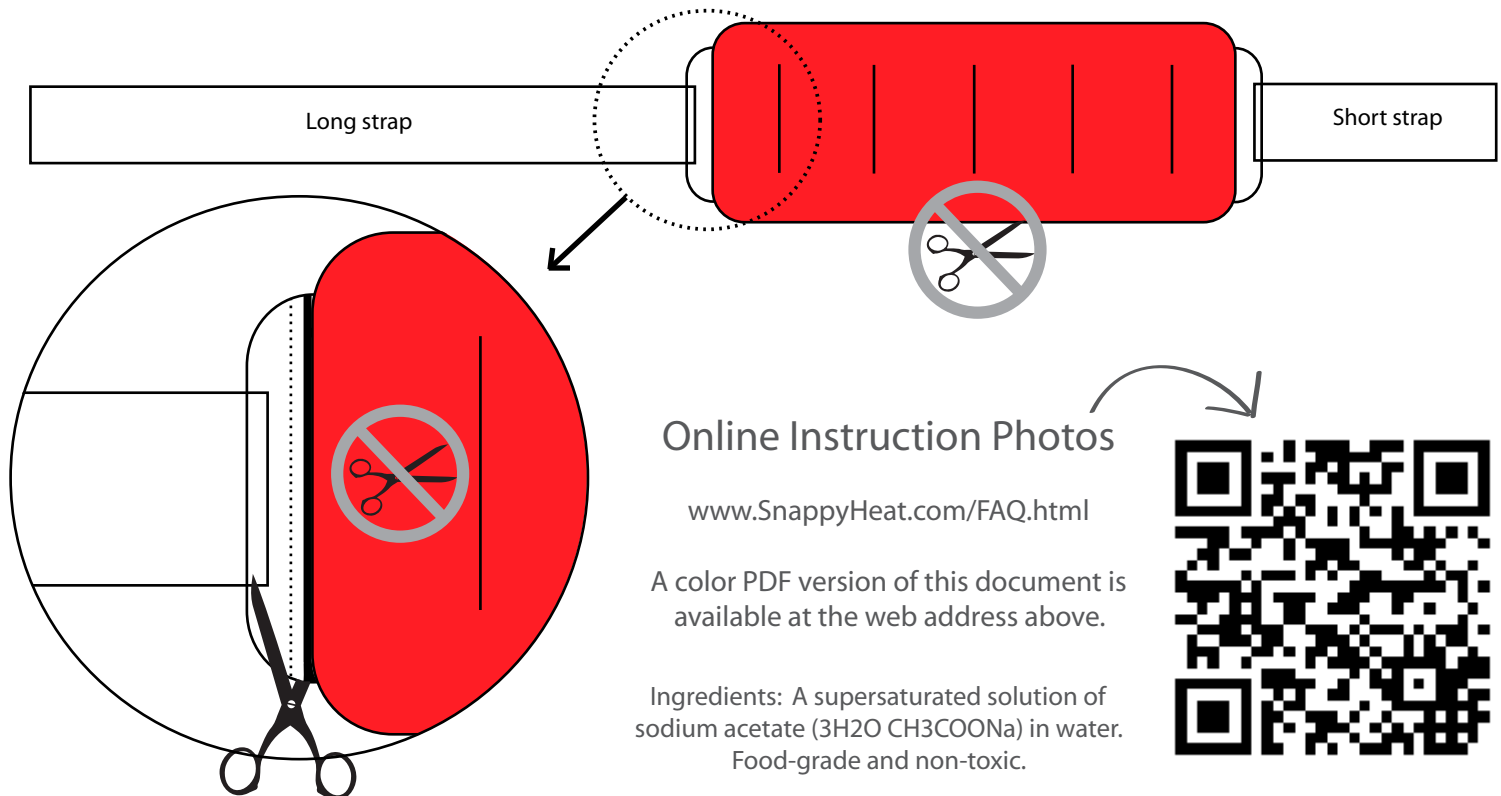
There are two straps on our 6"x9" Snappy Heat pad, a long strap and a short strap. The long strap has a soft "loop" velcro material on one side, this is the strap that you can cut with scissors to better fit your requirements. **DO NOT CUT THE SHORT STRAP.**

Wrap the Snappy Heat around the widest part of the area you intend to use it on (waist, legs, arms, back, etc.), to determine how much slack can be cut, if any, from the long strap.



### OPTION 2: Remove Both Straps

If you prefer to have a 6"x9" Snappy Heat without the straps, you may cut them both off. The easiest way to do this is to cut the red material "flaps" off the main liquid heating pouch without piercing the liquid pouch. **CUTTING INTO THE LIQUID POUCH AREA VOIDS THE WARRANTY AND RENDERS YOUR PAD USELESS.**



Online Instruction Photos

[www.SnappyHeat.com/FAQ.html](http://www.SnappyHeat.com/FAQ.html)

A color PDF version of this document is available at the web address above.

Ingredients: A supersaturated solution of sodium acetate (3H<sub>2</sub>O CH<sub>3</sub>COONa) in water. Food-grade and non-toxic.

