

## Comfort Kernels

**What is it?** It is a malleable corn-filled bag that can be heated or cooled. Its inner cotton liner is filled with 100% whole corn kernels. Its outer decorative fabric is removable and washable. *(Do not wash inner corn-filled liner.)*

### Using corn has many benefits:

- ◆ Provides a moist heat & stays dry when used cold
- ◆ Retains its heat and keeps cold for long periods
- ◆ Lasts for years of repeated heating and cooling without degrading
- ◆ Is malleable to conform to where you need it most
- ◆ Has a naturally pleasant aroma

### Directions:

**Cold:** Keep in the freezer for a cold pack at the ready any time.

**Hot:** Heat in microwave in 30 second intervals until heated through to desired level and you learn the proper heating time for your microwave. Typical heating time is 1-3 minutes.

**Cleaning Outer Case:** Remove the inner corn-filled bag and handwash outer fabric then air dry.

### WARNING:

**HEAT IN MICROWAVE ONLY..... DO NOT OVER HEAT..... DO NOT PUT CORN-FILLED LINER IN WASHER**

