

## MENSTRUAL PAIN WARM PATCH



### PRODUCT DESCRIPTION

The MENSTRUAL PAIN WARM PATCH contains Quartz Monzonite Powder including Germanium which emits far-infrared rays (FIR) to warm up and ease tension in the lower abdominal muscles. The radiating heat spreads warmth and increases blood flow to the uterus.

### INDICATIONS

Relief of menstrual cramp in case of menstruation or in case of body chills.

### MECHANISM OF ACTION

The product gives relief of menstrual cramp due to its heating action.

When the pouch is opened, the materials of the patch react with oxygen in the air and release energy and heat.

The sensation of heat develops within 30 minutes starting from the moment when the patch sticker is applied on the skin. The heat lasts for 8 hours at a constant temperature of aprox 40 °C. Maximum temperature: 50-60°C.

### THE ACTIVE INGREDIENTS

The material of the heating patches contains natural ingredients such as iron, activated carbon, quartz monzonite powder, and vermiculite.

### INSTRUCTIONS OF USE

1. Take out warm patch from the pouch.
2. Peel off the paper release liner on the back of hot pack.
3. Attach the warm patch on the underwear to warm lower abdomen.

### PRESENTATION

1 Pouch with 1 patch.

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### ☐ REFERENCE [Clinically proven]

Based on clinical evaluation, continuous heat therapy is safe and effective in treatments for menstrual cramps and is as effective as Ibuprofen.

- Subjects: 84 non-pregnant women who had greater menstrual pain.
- Group: 1. Heating patch + ibuprofen tablet, 2. Heating patch, 3. Ibuprofen, 4. Control.
- Method: The patch was adhered on the underwear on the lower abdominal region for 12 consecutive hours each day for 2 days. 2 tablets [ibuprofen 200mg] were taken 3 times each day.
- Result & Conclusion: heat is one of the best treatments for menstrual cramps and is as effective as Ibuprofen.  
*\*Akin MD, Weingand KW, Hengehold DA, et al. Continuous low-level topical heat in the treatment of dysmenorrhea. Obstet Gynecol 2011 mar; 97:343-9.*

### ☐ PRODUCT CATEGORY

Medical Device.