

Heat pack for domestic use (general medical device) JMDN code: 71019000  
Applied directly on the skin for comfortable-warmness

Medical device

Notification number  
Size S: 09B2X000030000-51  
Size M: 09B2X000030000-50



Do not reuse a sheet.

## Heating device Jikabari®

### Product features

- A medical device you can easily use to get “heating effect” at around 40°C lasting for six hours.
- A heating sheet with two heat-releasing spots for warming a wide area that fits softly on your skin.
- Improves blood circulation with its heating effect, relieving muscle pain, neuralgia, or fatigue and stiffness in the muscle.

### Do nots

#### 1. Do not use Jikabari if you:

- (1) Have fever in the affected area because of bruise or sprain.
- (2) Cannot remove the product by yourself.
- (3) Have impaired blood circulation in the hands or feet.
- (4) Have diabetes (may be difficult to feel heat and exposed to the risk of low-temperature burn).

#### 2. Do not use Jikabari onto the following areas:

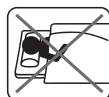
- (1) Mucosae membranes
- (2) Wounds, rashes and damaged skin
- (3) Face
- (4) Areas where topical medication has been applied

#### 3. Use the product once only.

[Directions] Apply onto the affected area once a day for a maximum of six hours.



Do not use Jikabari for six hours or longer in a row.



Do not use Jikabari while sleeping.



Do not put pressure with a bag or a belt onto an area Jikabari is applied to.

[Indications] Warming effect

1. Improves blood circulation.
2. Relieves muscle fatigue.
3. Relieves muscle stiffness.
4. Alleviates neuralgia and muscle pain.
5. Activates the function of the stomach and intestines.
6. Relieves fatigue.

### [Precautions]

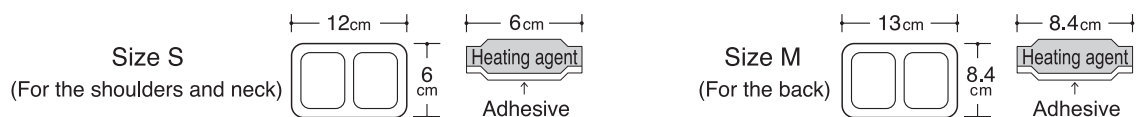


#### Consult with a doctor

1. Consult with a doctor or pharmacist if you have ever experienced allergic symptoms to a drug or cosmetics (e.g., eruption/redness, itching, rash).
2. Immediately stop using Jikabari, and consult with a doctor or pharmacist if you experience any of the following symptoms after using Jikabari.

Affected area	Symptoms
Skin	Eruption/redness, itching, rash, irritation, low-temperature burn, skin abrasion

### [Shape/Structure]



### [Precautions for Use]

1. Do not use while sleeping.
2. Do not put pressure with a supporter or a belt onto an area the product is applied to. If you sleep or sit with an area the product is applied to facing downward, much pressure will be put on the product which may cause low-temperature burn.
3. If the product is used in places where heat is retained such as in a thick bed quilt, blanket, or electric heater, the temperature may rise excessively. Do not use in such a place.
4. Stop use immediately if it feels too hot or abnormal. Remove the product slowly to avoid skin exfoliation caused by low-temperature burns.
5. Be especially careful concerning low-temperature burns when using on an insensitive part of the body such as the buttocks.
6. Do not apply to the same area continuously if you have sensitive skin.

### [Other Precautions]

1. Do not cut, massage, bend or tear this product.
2. If the contents should come into direct contact with the skin, wipe it off with a wet towel or wash it off.
3. Do not eat or lick this product.
4. Do not moisten the product with water. Remove Jikabari before taking a bath.

### [How Heat Is Generated]

Heat of Jikabari is generated from the oxidation reaction between iron and oxygen in the air with the salt contained in a warming sheet as a catalyst.

### Precautions for Handling

1. Store in cool dry place and avoid direct sunlight.
2. Keep out of reach of children.
3. The product will start to generate heat once the inner package is opened. Open the package just prior to use so that it releases heat when you need it.
4. Dispose used heating sheets according to the rules of your community after confirming that they are completely cooled.

<Packaging> Size S (6 cm x 12 cm) ... 6 patches, 12 patches  
Size M (8.4 cm x 13 cm) ... 4 patches, 8 patches