



5 YEAR  
WARRANTY

# PURERELIEF

LUMBAR & ABDOMINAL HEATING PAD



USER MANUAL  
MODEL: PELUMBAR-G

# IMPORTANT SAFETY INSTRUCTIONS DO NOT DESTROY

**DANGER:** TO REDUCE THE RISK OF BURNS, ELECTRIC SHOCK, FIRE, AND PERSONAL INJURY, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH THE FOLLOWING INSTRUCTIONS:

1. READ ALL INSTRUCTIONS.
2. DO NOT USE WHILE SLEEPING.
3. DO NOT USE ON AN INFANT OR ON AN ANIMAL.
4. THIS PRODUCT IS NOT TO BE USED ON OR BY AN INVALID, A SLEEPING OR UNCONSCIOUS PERSON, A PERSON WITH DIABETES, OR A PERSON WITH POOR BLOOD CIRCULATION UNLESS CAREFULLY ATTENDED.
5. DO NOT USE ON AREAS OF THE SKIN THAT ARE INSENSITIVE TO TOUCH OR HEAT.
6. BURNS CAN OCCUR REGARDLESS OF CONTROL SETTING. CHECK SKIN UNDER PRODUCT FREQUENTLY.
7. DO NOT USE IN AN OXYGEN-FILLED ATMOSPHERE.
8. DO NOT USE PINS OR OTHER METALLIC OBJECTS TO FASTEN THIS PRODUCT INTO PLACE.
9. DO NOT SIT ON OR AGAINST THE PRODUCT OR CRUSH IT. AVOID SHARP FOLDS IN THE FABRIC.
10. DO NOT USE THE CORD AS A HANDLE.
11. CHILDREN SHOULD NOT USE THIS UNIT WITHOUT ADULT SUPERVISION.

12. PLACE THE UNIT ON TOP OF AND NOT UNDER THE PART OF THE BODY THAT REQUIRES HEAT THERAPY.
13. ONLY USE THIS PRODUCT ON A 110-120V AC CIRCUIT.
14. UNPLUG WHEN NOT IN USE.
15. DO NOT USE WITH GENERATORS, POWER CONVERTERS, OR INVERTERS.
16. DO NOT TAMPER WITH THIS PRODUCT IN ANY WAY. THERE ARE NO USER-SERVICEABLE PARTS. IF FOR ANY REASON THIS PRODUCT DOES NOT FUNCTION PROPERLY, CONTACT PURE ENRICHMENT AT [HELP@PUREENRICHMENT.COM](mailto:HELP@PUREENRICHMENT.COM)
17. DO NOT USE THIS PRODUCT WITH LINIMENT, SALVE OR OINTMENT PREPARATIONS AS SKIN BURNS CAN RESULT.
18. NEVER PULL THIS PAD BY THE SUPPLY CORD.
19. DO NOT BEND OR PINCH THE CORD.
20. DO NOT USE THE PRODUCT IF THE CORD IS DAMAGED.
21. NEVER LEAVE THE PRODUCT UNATTENDED, ESPECIALLY IF CHILDREN ARE PRESENT.
22. LOOP CORD LOOSELY WHEN STORING. TIGHT WRAPPING CAN DAMAGE CORD AND INTERNAL PARTS.
23. THIS PRODUCT HAS A POLARIZED PLUG (ONE BLADE IS WIDER THAN THE OTHER). TO REDUCE THE RISK OF ELECTRIC SHOCK, THIS PLUG IS INTENDED TO FIT IN A POLARIZED OUTLET ONLY ONE WAY. IF THE PLUG DOES NOT FIT FULLY IN THE OUTLET, REVERSE THE PLUG. IF IT STILL DOES NOT FIT, CONTACT A QUALIFIED ELECTRICIAN TO INSTALL THE PROPER OUTLET.

DO NOT ATTEMPT TO MODIFY THE PLUG OR DISABLE THIS SAFETY FEATURE IN ANY WAY.

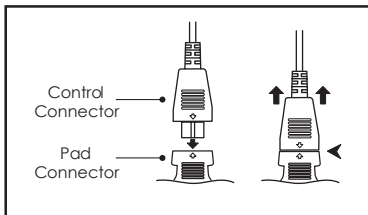
24. SAVE THESE INSTRUCTIONS.

## INTRODUCTION

Thank you for purchasing the PureRelief Lumbar & Abdominal Heating Pad from Pure Enrichment. This specialized pad can be used daily to provide targeted heat therapy to your lower back and abdomen.

## USING PURERELIEF

Attach the Pad Connector to the Control Connector. Push both parts together securely to ensure a tight fit.



**NOTE:** The Control Connector must be connected to the Pad Connector before plugging the unit into an electrical outlet.

After connecting the Pad Connector to the Control Connector, plug the unit into an electrical outlet.

To turn PureRelief on, press the power button. Select the desired heat setting by continuing to press the power button until the heat indicator light is the color of your desired heat setting:

Green=Warm  
Yellow=Low

Orange=Medium  
Red=High

To turn PureRelief off, press the power button one more time.

**NOTE:** The “high” indicator light will blink red when an error occurs. If this happens, unplug PureRelief. Check the physical condition of the cord, the wall outlet, and the connection between the Control Connector and the Pad Connector. If blinking persists after you confirm proper connection, contact Pure Enrichment at [help@pureenrichment.com](mailto:help@pureenrichment.com)

## USING PURERELIEF (Cont'd)

**NOTE:** If the unit does not turn on when you press the power button, make sure the Control Connector is securely plugged into the Pad Connector.

To turn PureRelief off, scroll through all the heat settings until the heat indicator light turns off.

## INSTALLING HOT/COLD GEL PACK

PureRelief is made with a built-in pocket that conveniently holds the included hot/cold gel pack. For cold therapy, freeze the gel pack for 2 hours before the first use and for 30 minutes thereafter. For warm therapy, microwave the gel pack for 1 minute. If it is not warm enough, microwave in 10-second intervals until the desired temperature is achieved.

## APPLYING PURERELIEF

PureRelief can be used on both your lower back and abdomen. To apply, wrap the pad around the desired treatment area making sure the gel pack side is touching the lower back or abdomen. Secure the pad in place by attaching the Velcro closure to the belt. Do not fasten too tightly.

## AUTO-OFF FEATURE

To conserve energy and prevent skin burns caused by excessive use, PureRelief includes an auto-off feature. The unit will turn off automatically after two hours of continuous use. The red auto-off light will blink when this feature is activated. **NOTE:** After a power outage, the auto-off feature automatically resets the timer.

## USING MOIST HEAT THERAPY

Physical therapists often recommend moist heat therapy to reduce muscle spasms, improve joint stiffness, and relax tense muscles. To use moist heat therapy with PureRelief, fill a spray bottle with water and lightly mist the entire surface of the pad. Take care to protect your clothing and furniture when using a damp heating pad.



## USING PURERELIEF (Cont'd)

**DANGER:** DO NOT submerge in water or place it under running water while it is plugged into an electrical outlet. Doing so can damage PureRelief and cause serious personal injury.

**NOTE:** The Pad Connector and the Control Connector must be completely dry before establishing an electrical connection.

## WASHING INSTRUCTIONS

To prolong the life of your heating pad, proper care and cleaning is essential. Follow these washing instructions to preserve the softness of the fabric and protect the electrical components:

1. Fill washer with warm water.
2. Add minimum amount of all-purpose detergent, agitate to dissolve, measure heating pad before washing.
3. Add heating pad and soak five minutes.
4. Agitate two minutes. Spin.
5. Fill for cool rinse, agitate one minute then spin.
6. Dry in automatic dryer on high heat, five minutes only, or line dry.
7. Remove damp heating pad from dryer, block to original size, and drape to finish drying.
8. Do not iron your heating pad.

## PRODUCT SPECIFICATIONS

Pad Size:	44.5" x 9.5"
Power Supply:	AC: 120V, 60Hz, 55W
Pad Material:	Microplush (Top); Polyester (Bottom)
Auto Shut-Off Timer:	120 minutes
4 Heat Settings:	Warm—temperature range (~110° F) Low—temperature range (~120° F) Medium—temperature range (~130° F) High—temperature range (~140° F)

## WARRANTY

PureRelief comes with an industry-leading 5 Year Warranty that begins on the date of purchase.

The warranty applies to the heating pad and necessary parts and labor relating thereto. The warranty does not apply to damage resulting from failure to follow the operating instructions, accidents, abuse, alterations, or disassembly by unauthorized individuals.

## PRODUCT REGISTRATION

To ensure your full warranty and to receive product updates and streamlined customer support, remember to register your product at:

[www.pureenrichment.com/productregistration](http://www.pureenrichment.com/productregistration)

## ARE YOU 100% SATISFIED?

If you have product questions or concerns don't hesitate to contact us directly at:

[help@pureenrichment.com](mailto:help@pureenrichment.com)

Pure Enrichment has an award-winning warranty, exchange, and customer service program that guarantees hassle-free solutions to any issue you might have within 24 hours!

## FCC NOTICE

### Model: PureRelief Lumbar & Abdominal Heating Pad (PELUMBAR-G)

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Pure Enrichment  
14505 Astronautics Lane  
Huntington Beach, CA 92647  
[www.pureenrichment.com](http://www.pureenrichment.com)

The product is protected against unauthorized use. DO NOT modify it without the authorization of the manufacturer, or the user's authority to operate could be voided.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



Huntington Beach, CA 92647  
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