



## Physio Pads

**Large and small.** The small pad covers half of the back and is also helpful for hip, shoulder, leg and chest pain. The large pad covers most of the back and is popular with health care professionals. Both sizes provide temporary relief of back pain and comfort and warmth on cold winter nights.

<b>Code:</b>	PPS (small)
<b>Size:</b>	390mm x 300mm
<b>Weight:</b>	1.5kg

<b>Code:</b>	PPL (large)
<b>Size:</b>	470mm x 350mm
<b>Weight:</b>	2.5kg



## Therapeutic Collars

**In two sizes** which sit comfortably on shoulders and fit entirely around shoulder area. Can be used while walking, bending working and exercising.

<b>Code:</b>	TCS (small)
<b>Size:</b>	Neck 330mm
<b>Weight:</b>	1.2kg

<b>Code:</b>	TCL (large)
<b>Size:</b>	Neck 400mm
<b>Weight:</b>	1.6kg



## Eye Zone Pack

Very helpful for headache and migraine sufferers. Use hot or cold. Very relaxing and comforting for sore eyes from tiredness, computer screen glare, driving, use of contact lenses, salt from pools or the surf. Use when a light weight pack is required anywhere on the body or for children, the elderly or after surgery. If stored in the freezer in a tied plastic bag you will always have a cold pack ready for injuries, headaches from over indulgence, accidents or to help reduce body temperature from fever or heat stress.

<b>Code:</b>	EZP
<b>Size:</b>	250mm x 100mm
<b>Weight:</b>	0.32kg



## Hand Glove

Suitable for the management of pain from hand injuries, symptoms of arthritis, stiff fingers and Raynaud's phenomenon. Covers hand and wrist comfortably. Good for those suffering from poor circulation and cold hands.

<b>Code:</b>	HG
<b>Size:</b>	270mm x 170mm
<b>Weight:</b>	0.86kg



## Slippers

**One size fits all.** Not made for walking around in but these will be very useful for those with aching feet, poor circulation and cold feet. Able to be worn to bed with socks. Also useful straight from the freezer in summer to reduce swelling in feet. Consult your doctor first if you are suffering from poor circulation.

<b>Code:</b>	SP
<b>Size:</b>	280mm x 170mm
<b>Weight:</b>	0.713kg each



## Value Pack & Promo Cushion

Introducing our two newest additions, the Value Pack and the Promo Cushion. These products are budget priced but made with the same Heat Wheat quality. Ideal for use as hot or cold packs on any part of the body.

<b>Code:</b>	VP (Value Pack)
<b>Size:</b>	320mm x 160mm
<b>Weight:</b>	0.75kg

<b>Code:</b>	PC (Promo Cushion)
<b>Size:</b>	310mm x 205mm
<b>Weight:</b>	1.2kg



# Beware of Imitations



**Australian grown. Australian owned.** The original products supplied to the Medical Profession, Therapists and Pharmacies since 1992.

Heat Wheat International Pty Ltd is the originating company of wheat filled hot and cold packs in the world.

Our products have such a good reputation for usefulness and long life because of the treatment we give to the wheat. All of the wheat we use is especially treated by our ULTRASHIELD™ process to ensure it is free from weevils, chemicals, allergenic dust and will not start growing from moisture created during heating, or go mouldy.

Do not confuse products that do not contain processed wheat with ours and beware of products trying to imitate Heat Wheat. We give a 2 year manufacturer's warranty with our products, setting them apart in the market place. Please go online to activate your product warranty.

Heat Wheat Products are listed on the TGA Register of Therapeutic Goods in Australia (ARTG 92379) and similar Government Regulatory bodies overseas.

**We know you will love your Heat Wheat product, everyone does!**



## Natural, effective, drug free pain relief.

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Australian Owned. Australian Designed



Do you suffer from back, neck or any other type of pain?



## Natural, Effective, Drug Free Pain Relief

Discover 20 effective, injury specific solutions to relieve your pain and discomfort.

Moist Heat Relieves Pain Fast!



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# Moist Heat Relieves Pain Fast!

Heat Wheat is the originating manufacturer of wheat filled hot and cold packs.

Heating our products in a microwave oven (as directed) creates moist heat. When a heated product is placed on the body, the moist heat will be absorbed up to 3.5cm deep very quickly because of the high moisture content of the body. These two moistures interlock giving very speedy temporary relief from pain.

**Moist heat created by heating whole wheat grains in the microwave enters the body up to 32 times\* more effectively than heat from packs in plastic or rubber casing.**

\*Supported by scientific reference from Massachusetts General Hospital.

# Use Hot or Cold with Confidence

Heat Wheat Products can be used **hot or cold**. Immediately following an injury it is often better to apply a cold pack followed by a hot pack 24 hours later, which can be more helpful for pain management. Migraine sufferers may find a cold pack more beneficial.

For hot packs, heat in the microwave oven as directed. When heated, our products are very useful for relieving pain associated with arthritis, rheumatism, aching muscles, menstrual cramping, neck and back aches, inflammation, sinusitis, stress, childbirth, sports related injuries and for comfort and warmth or just helping you to relax.

For cold packs, place the product in a sealed plastic bag in the freezer for a few hours or overnight. Storing a product in the freezer, even a small one, will mean you always have a cold pack available in emergencies, for injury or reducing body temperature from fevers or heat stress.



## Therapeutic Cord Pillow

Our original product, non segmented pillow. Use around neck and shoulders, across lower back and along spine. Can be used anywhere on the body. Very popular multi purpose product.



<b>Code:</b>	CP
<b>Size:</b>	450mm x 150mm
<b>Weight:</b>	1.5kg

## Neck & Back Therapy Wrap

**One product for several applications.** Great benefit for temporary relief of neck and back pain. Straps to the body for people on the move. Contours to the body shape with long straps and velcro to fasten around waist. Ideal for sufferers of lower back pain, hip or knee pain. Can also be worn around the neck if pain is present at top of the spine. Very useful in the late months of pregnancy.

<b>Code:</b>	TW
<b>Size:</b>	510mm x 160mm (plus strap) Fits waist up to 125cm
<b>Weight:</b>	1.25kg



## Joint Wraps

**Three sizes. Wrist (small), Ankle or Elbow (medium) and Knee (large).** Ideal for sports or repeated strain injuries. Segmented to hold grain in place. Velcro fastening for convenience.

<b>Code:</b>	JWS - Wrist
<b>Size:</b>	430mm x 150mm
<b>Weight:</b>	0.62kg

<b>Code:</b>	JWM - Ankle or Elbow
<b>Size:</b>	540mm x 160mm
<b>Weight:</b>	0.95kg

<b>Code:</b>	JWL - Knee
<b>Size:</b>	680mm x 170mm
<b>Weight:</b>	1.5kg

## Oval Cushion

Non-segmented cushion, very full of wheat for extra comfort and warmth. Use on any part of the body, but especially helpful at reducing pain in the lower back, shoulder, hip, or during childbirth. A favourite for warming on cold winter nights.

<b>Code:</b>	OC
<b>Size:</b>	340mm x 230mm
<b>Weight:</b>	1.5kg



## Neck Warmer

Fits snugly and comfortably around the neck up to the hair line. The grain is concentrated to the back and sides of the neck by sewn segments. Can be worn while moving about, reading, relaxing or when travelling.

<b>Code:</b>	NW
<b>Size:</b>	630mm x 170mm
<b>Weight:</b>	1.1kg

## Shoulder Cuff

**One size fits all.** Can be used on either shoulder. Very useful for management of pain caused by frozen shoulder, bursitis or rotator cuff tendonitis.

<b>Code:</b>	SC
<b>Size:</b>	410mm x 490mm
<b>Weight:</b>	1.7kg



## Handy Pack

Segmented product for lighter weight. Designed especially for those suffering menstrual cramping, shoulder or chest pain and post surgical pain. Can be used anywhere on the body.

<b>Code:</b>	HP
<b>Size:</b>	320mm x 180mm
<b>Weight:</b>	0.93kg



## Back Support Wraps

Comfortable to wear as a brace and to use as a support cushion. When heated, the added benefit of penetrating heat gives great temporary relief from back pain. Can be worn under or over clothing, while driving or sleeping and can also be worn over hip.

<b>Code:</b>	BSWS (small)
<b>Size:</b>	Waist up to 82cm
<b>Weight:</b>	1.3kg

<b>Code:</b>	BSWL (large)
<b>Size:</b>	Waist 82-120cm
<b>Weight:</b>	1.5kg

Extension straps are available for larger waists or pregnancy.

## Upper Body Wraps

**Small and large** for those suffering muscular and spinal pain in the back and to help relieve tension between the shoulder blades from desk work or stress. Comfortable to be worn while reading, studying, using the computer or to keep warm.

<b>Code:</b>	UBWS (small)
<b>Size:</b>	380mm x 440mm
<b>Weight:</b>	2.0kg

<b>Code:</b>	UBWL (large)
<b>Size:</b>	450mm x 490mm
<b>Weight:</b>	2.8kg



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