




Instant Cold Pack by St John

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The St John Instant cold pack is suitable to reduce pain and swelling.



Details

Instant Cold Pack by St John

The St John Instant cold pack is a ready to use cold pack that requires no freezing.

Suitable to reduce pain and swelling in sprains and strains.

Single Use - Disposable

Directions:

1. Squeeze inner pouch to rupture
2. Shake to activate
3. Apply to affected area

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