

Media Release - July 2019 Winter can be a troublesome time for women who suffer from menstrual pain and cramps. While many use medication to relieve pain, it has actually been proven that heat therapy is much more effective when it comes to period pain. HOTPOD, the next generation hot water bottle, is a great alternative to wheat packs and is more effective and safer than ordinary hot water bottles. Nick Barnes, Founder of the HOTPOD says, "Applying heat to your abdomen has been shown to alleviate menstrual pain and our HOTPOD Electric Hot Pack offers the perfect solution to provide relief and keep you cosy and snug this chilly season". Cold weather means we spend more time indoors; move less and tend to eat more. Unfortunately this can have a negative effect on period symptoms, worsening pain and cramps and can even prolong your cycle. The Electric Hot Pack, HOTPOD, provides relief for up to 6 hours in a warm environment, and up to 3 hours in a cold environment, so that you can get on with doing the things you love even during the chilly winter months. Key benefits of HOTPOD include: Ready in 10-15 minutes No refilling required Thermal auto cut-out Safety cut out Suitable for all ages from 5 years + Lasts 3 – 6 hours in a warm environment 1 year warranty "So whether you are going to curl up on the couch for a movie marathon, drive up the coast for the weekend to visit family or go to the kids footy or netball finals, the HOTPOD Electric Hot Pack has got you covered!" added Nick. The HOTPOD Electric Hot Pack is available now from Chemist Warehouse and selected pharmacies nationwide at an RRP of \$39.95. [www.mcglains-supertex.com](http://www.mcglains-supertex.com)

**Contacts**

Rachel King  
9571 4448  
mailto: