



**GREEN LION**



**Green Lion**  
**Rapid Heat**  
**Menstrual Heating Pad**

SKU: GNRPDMEPADWH

Model No: GL-MP30

## Table of Contents

Product Overview	2
Specifications	2
Product Features	3
Safety Instructions	4
Button Functions	6
FCC Statement	6
Disposal	7
Warranty	8
Contact Us	8

## Product Overview

The Green Lion Rapid Heat Menstrual Heating Pad provides quick and effective relief with advanced thermal conductivity. It features a 3-second heat-up time, ensuring immediate comfort, and offers four adjustable heating modes to suit individual preferences. The heating pad comes with a real-time display, allowing users to monitor settings conveniently. It also includes a 30-minute auto shut-off function for safety and energy efficiency. Powered by a 4000mAh battery, the pad provides up to four hours of continuous use and can be charged via USB-C. The adjustable belt fits waist sizes from 70 to 120 cm, ensuring a comfortable and secure fit for all users.

## Specifications

Model No	GL-MP30
Material	ABS + Aluminum Alloy
Battery Capacity	4000mAh
Power	7W
Voltage	5V
Heating Time	3-8 Sec
Heating Modes	4 Levels

Heating Temperature	40°C-45°C-50°C-55°C
Vibration Modes	4 Levels
VPM Range	4000-6000
Adjustable Belt	70-120 cm
Auto Off	30 min
Noise Level	20-40 dB
Charging Port	USB-C
Charging Time	3 Hrs
Working Time	4 Hrs
Product Weight	190 g
Product Dimensions	40 × 85 × 200 mm

## Product Features

1. Rapid Heating (3-8 Seconds): The heating pad quickly heats up within 3-8 seconds, providing immediate comfort when needed the most.

2. Four Adjustable Heating Modes: Customize your experience with four different heating modes, offering a range of temperatures from 40°C to 55°C for personalized relief.
3. Four Vibration Modes: Choose from four vibration modes to enhance the comfort and relaxation effect, catering to your preferences for additional soothing relief.
4. Real-Time Display: The built-in display shows the current settings, allowing easy monitoring and adjustment of the heat and vibration levels.
5. Long Battery Life (4 Hours): Equipped with a 4000mAh battery, the heating pad provides up to 4 hours of continuous use on a full charge, ensuring lasting comfort.
6. USB-C Charging: Conveniently charge the device using a USB-C port, which allows for quick charging (3 hours) and easy connection to compatible devices.
7. Auto Shut-Off Function: The pad automatically shuts off after 30 minutes to ensure safety and prevent overheating during prolonged use.
8. Adjustable Belt (70-120 cm): The adjustable belt ensures a comfortable and secure fit for various waist sizes, providing versatility and convenience for all users.
9. Compact and Lightweight Design: Weighing only 190g and with dimensions of 40×85×200 mm, the heating pad is lightweight and portable, easy to wear, and perfect for on-the-go use.

## Safety Instructions

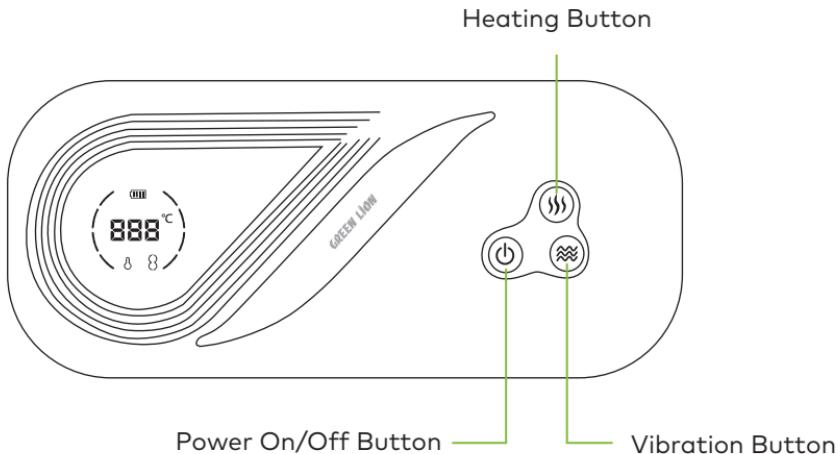
1. Do not use while sleeping: Always turn off the device before sleeping to avoid continuous use, which may cause discomfort or overheating.

2. Avoid staying in the same position for too long: Change your position regularly while using the device. Check your skin often, and if you notice any problems, remove the device immediately.
3. Keep away from fire and harmful environments: Never use the device near fire, corrosive liquids, or in places that are not safe.
4. Supervise the device while in use: Always use the device in a safe area, keeping an eye on both the device and your skin condition.
5. Avoid moisture: Do not use the device in wet conditions, such as while bathing or in areas with high humidity, to prevent damage or malfunction.
6. Use the correct charger: Only use the provided USB-C charger, and make sure the device is fully charged before use. Avoid using it while charging.
7. Store safely: When not in use, keep the device in a cool, dry place to protect it from extreme temperatures and moisture.

### **Important Notes**

1. Heart disease patients: This device is not suitable for use by individuals with heart disease or any heart-related conditions.
2. People with skin wounds or abnormal skin: Avoid using the device if you have any unhealed skin wounds or abnormal skin conditions.
3. Gout patients: The device should not be used by individuals who have suffered from gout or have not fully recovered.
4. Pregnant women and those with cervical tumors: This device is not recommended for use by pregnant women or individuals with cervical tumors.

## Button Functions



1. Power On/Off: Press and hold the power button for 2 seconds to turn on the device.
2. Vibration Button: Short press to adjust the vibration strength, with four levels of adjustment.
3. Heating Button: Short press to adjust the temperature, with four levels of temperature cycling.

## FCC Statement

1. 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.
2. Changes or modifications not expressly approved by the party

responsible for compliance could void the user's authority to operate the equipment.

**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 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 to an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for assistance.

**RF warning statement:**

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

## **Disposal**

This product must not be disposed of as unsorted household waste. It is important to separate such waste for proper treatment and recycling, in compliance with local waste management regulations.

## **Warranty**

Products that you buy directly from our **Green Lion** website or shop come with a 24-month warranty.

When you buy **Green Lion** products from any of our approved sellers, you only get a 12-month warranty. If you want to extend this warranty, go to our website at <https://www.greenlion.net/warranty> and fill out the form with your information. Don't forget to upload a picture of the product too. After we've checked and accepted your request, we'll send you an email to confirm that your product's warranty has been extended.

For more info, please check:

<https://www.greenlion.net/warranty>

## **Contact Us**

If you have any questions about this Privacy Policy, please contact us at:

Website: <https://www.greenlion.net/>

Sales: [sales@greenlion.net](mailto:sales@greenlion.net)

Service Support: [Support@greenlion.net](mailto:Support@greenlion.net)

Telegram: [@greenlion\\_global](https://t.me/greenlion_global)

Instagram: [@greenlion\\_global](https://www.instagram.com/greenlion_global)