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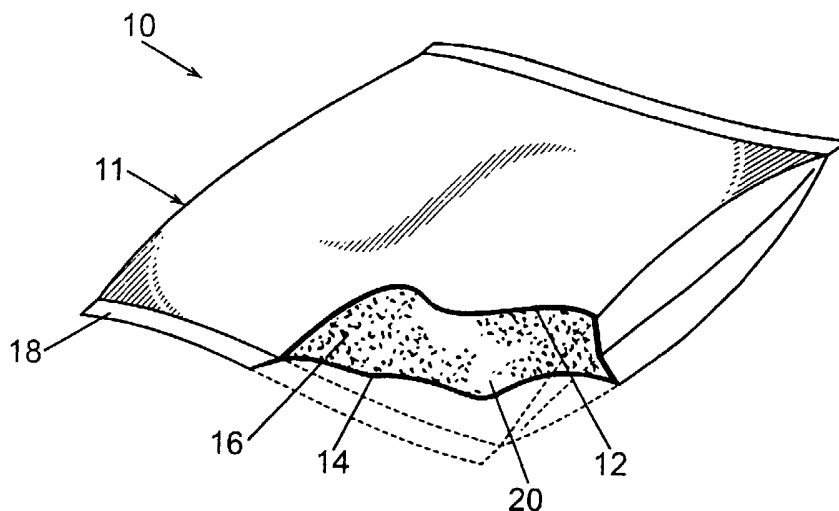
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(54) Title: SELF-CONTAINED PERSONAL WARMING APPARATUS AND METHOD OF WARNING



(57) Abstract: A self-contained disposable single-use heat generating apparatus comprising a heat generating pack having a first bag layer defined by a first surface area bonded to a second bag layer defined by a second surface area and creating a pouch therebetween. A heat generating agent is disposed within the pouch and adapted to consume air at a predetermined consumption rate in an exothermic reaction. At least a portion of one of the first surface area and the second surface area comprises an air permeable surface area having a predetermined airflow rate such that the heat generating agent remains substantially evenly distributed within the pouch. A method of providing therapeutic heat is also provided.

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B. FIELDS SEARCHED Minimum documentation searched (classification system followed by classification symbols) U.S. : 126/263.01, 263.02, 204; 62/4.; 607/714, 108-114.; 2/158, 160 Documentation searched other than minimum documentation to the extent that such documents are included in the fields searched NONE Electronic data base consulted during the international search (name of data base and, where practicable, search terms used) NONE		
C. DOCUMENTS CONSIDERED TO BE RELEVANT		
Category *	Citation of document, with indication, where appropriate, of the relevant passages	Relevant to claim No.
X	US 5,918,590 A (BURKETT et al.) 06 July 1999 (06.07.1999), See the entire document.	1, 3, 5-6, 8-10
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Y		7 and 11-13
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A	US 5,205,278 A (WANG) 27 April 1993 (27.04.1993), See the entire document.	1-13
A	US 5,084,986 A (USUI) 04 February 1992 (04.02.1992), See the entire document.	1-13
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