

This Natural Health Product was approved by Health Canada, and the following information was prepared by the product manufacturer. More information supporting the safety, efficacy or quality of a medicinal ingredient or natural health product can be found in the [Natural Health Products Ingredients Database](#). CPhA assumes no responsibility for, or liability in connection with the use of this monograph.

### Recommended Use or Purpose

Temporarily relieves aches and pains of muscles and joints associated with one or more of the following: Simple backache, lumbago, strains and sprains (involving muscles, tendons, and/or ligaments), and arthritis

### Risk Information

#### Cautions and Warnings

For external use only. Avoid contact with eyes and mucous membranes. Do not apply to open wounds or damaged skin. Keep out of reach of children. Wash hands thoroughly after use.

If overdose or accidental ingestion occurs, call a Poison Control Center immediately

If symptoms persists and/or worsen after 7 days or re-occur within a few days, or if new symptoms develop, discontinue use and consult a health care practitioner

Rashes and/or burning discomfort have been known to occur; in which case, discontinue use

Hypersensitivity has been known to occur; in which case, discontinue use

If you are taking prescription medications, consult a health care practitioner prior to use

#### Contraindications

If you are pregnant or breast-feeding, consult a health care practitioner prior to use.

Keep out of reach of children

#### Known Adverse Reactions

There are no known adverse reactions. For more information, consult your health-care professional.

### Interactions

There are no known adverse reactions. For more information, consult your health-care professional.

### Recommended Dose

Apply 0.5 to 1 g cream thinly and evenly to affected areas 1-3 times daily.

### Directions of Use

Apply 0.5 to 1 g thinly and evenly to affected areas 1-3 times daily.

Rub and/or massage into skin until solution vanishes

Do not tightly bandage

Do not apply with external heat, such as electric heating pad, as this may result in excessive skin irritation or skin burn

### Overdosage

For management of a suspected drug overdose, contact your regional Poison Control Centre. See the *CPS* Directory section for a list of Poison Control Centres.

If overdose or accidental ingestion occurs, call a Poison Control Center immediately.

### Storage, Stability and Disposal

Store at a cool and dry place 15-30 ° C. Stable for two years when stored at room temperature.

### Dosage Forms, Strength and Composition

| Dosage Form/Route of Administration | Ingredient/Strength<br>Quantity per dosage unit (1 g)             | Non-Medicinal Ingredients             |
|-------------------------------------|---|---------------------------------------|
| Cream/Topical                       | dl-Camphor (Camphor) – 30 mg                                      | Cetearyl Oliviate – 1.50 %            |
|                                     | Clove essential oil (Clove Oil) – 4.27 mg                         | Caprylic/capric triglyceride – 2.30 % |
|                                     | <i>Carthamas tinctorius</i> (Hong hua) – 3.83 mg                  | Grapefruit seed extract – 0.10 %      |
|                                     | <i>Angelica sinensis</i> (Dang gui)- 8.55                         | Glycerol – 1.88 %                     |
|                                     | <i>Boswellia sacra</i> (Frankincense) – 11.14 mg                  | Glyceryl stearate citrate – 6.00 %    |
|                                     | <i>Commiphora myrrha</i> (Myrrh) – 17.1 mg                        | Grape seed oil – 4.00 %               |
|                                     | <i>Ligusticum sinense</i> cv. Chuanxiong ( Chuanxiong) – 12.83 mg | Isopropyl palmitate – 2.31 %          |

| Dosage Form/Route of Administration | Ingredient/Strength<br>Quantity per dosage unit (1 g) | Non-Medicinal Ingredients   |
|-------------------------------------|---|-----------------------------|
|                                     |   | Stearyl alcohol – 6.00%     |
|                                     |   | Shea butter – 3.10 %        |
|                                     |   | Sodium benzoate – 1.00 %    |
|                                     |   | Sodium hyaluronate – 0.05 % |
|                                     |   | Xanthan gum – 3.0 %         |

**Packaging**

White flip top tube containing 50 g of the cream

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