



Deep Heat Heat Rub

Uses

Symptomatic relief of muscular pains and stiffness including backache, sciatica, lumbago, fibrositis, rheumatic pain, chilblains, bruises and sprains including those caused by minor sports injuries.

Dosage

Adults and children over 5 years: massage a thin layer into the affected area 2-3 times daily. Can be used before or after exercise.

Under 5 years: not recommended.

Format and Ingredients

White cream containing:
Methyl Salicylate 12.8% w/w, Menthol 5.91% w/w, Eucalyptus Oil 1.97% w/w, Turpentine Oil 1.47% w/w,