

# EFFECTIVE INGREDIENTS PROVEN RESULTS<sup>1</sup>

## Zo Rub for muscles

**Soothing relief for stiff muscles, sprains and bruises.**

### USE

Simply spread generously on affected muscles and gently massage.

### ACTIVE INGREDIENTS

#### **Menthol 30mg/g and Peppermint Oil 5mg/g**

Both menthol and peppermint soothe tired and stiff muscles.<sup>2</sup> Menthol has additional benefit of providing cooling<sup>3</sup> relief, which is of particular benefit for strained muscles.

#### **Arnica Oil 10mg/g**

Arnica supports recovery for bruising and trauma.

Zo Rub for muscles also contains St John's Wort and calendula oil, which can soothe and relax stiff muscles, and vitamin E and beeswax for healthy skin.

- Pleasant smelling
- Paraben free



**Zo Rub products have been developed using ingredients that work. These new formulations are proven to be effective.<sup>1</sup>**

1. Cohen, M. et al, Topical Glucosamine Sulfate and Chondroitin Sulfate for OA of the Knee, The Journal of Rheumatology 2003; 30:3 523-528.  
2. Cortright D. N. et al, 2007, TRP channels and pain, Biochimica et Biophysica Acta 978-988. 3. Proudfoot, C.J. et al, 2006, Analgesia Mediated by the TRPM8 cold receptor in Chronic Neuropathic Pain, Current Biology 16 1591-1605. Always read the label and use strictly as directed. If symptoms persist see your healthcare professional. TAPS 0110HA.

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