



Doctor's Pain Formula Ingredients

Active Ingredient: Menthol, USP (1 .40%)

Purpose: Topical Analgesic

Inactive Ingredients: Aloe Barbadosis, Ascorbyl Palmitate, Calendula Ext, Carbomer, Coriander Oil, Cornflower (Bluebottle) Ext, Disodium EDTA, Emu Oil, Feverfew Ext, German Chamomile Ext, Glucosamine, Grape Seed Ext, Limetree Ext, MethylSulfonyl Methane (MSM), Nettle Ext, Roman Chamomile Ext, Sodium Cocoyl Isethionate, Sodium Hyaluronate, Sodium Hydroxide, Sorbitol, 2-Phenoxyethanol, Purified Water, Vitamin E, Willow Bark Ext, Witch Hazel Ext





Doctor's Pain Formula Ingredient Information

Menthol – A natural, topically applied, analgesic pain reliever derived from the peppermint plant. Menthol, when applied at certain levels, is approved as a pain reliever by the FDA. Menthol has a cooling sensation and a slight peppermint fragrance.

Aloe Barbadensis – Much has been written in the long history of this "miracle plant" and its soothing properties. It is one of the most well known and widely used of nature's ingredients. Blue Spring uses only organically grown, 100% whole leaf Aloe Vera in all of our products. Aloe Vera is used externally to treat various skin conditions such as cuts, burns and eczema. It is commonly believed that sap from Aloe Vera eases pain and reduces inflammation. A study performed in the 1990s showed that the healing of a moderate to severe burn was sped up by six days when covering the wound on a regular basis with aloe vera gel, compared to the healing of the wound covered in a gauze bandage.

Ascorbyl Palmitate – Ascorbyl palmitate is an ester (organic compound) formed from Vitamin C (ascorbic acid) and palmitic acid (an essential fatty acid found in animals and plants and used as an antioxidant). Ascorbyl Palmitate is a source of Vitamin C and is an antioxidant.

Calendula Ext – The Common Marigold with its orange gold flower is familiar to most people. It was well known to the old herbalists as a garden-flower and for use in cooking and medicine. The Countrie Farme as early as 1699 mentions the Marigold as a specific treatment for headache, jaundice, red eyes, toothache and ague. (Ague is an old term for fever.) Marigold is thought to act as a stimulant by temporarily increasing vital processes. In addition it helps the body to promote sweating which is helpful to fevers. The Marigold flower has historically been rubbed on affected areas as a remedy for pain, sprain and swelling. Interesting fact: the yellow flowers were at one time used to give cheese a yellow color.

Carbomer – Carbomer is a trade name and used as a thickening agent.

Coriander Oil – Coriander, also called cilantro in North America, is an herb. It was first found in the Mediterranean area in 5,000 BC. There is evidence it was used by the ancient Egyptians. It was one of the first herbs brought to North America by the original colonists. Coriander is used:

- To ease arthritis pain because of its powerful anti-inflammatory* characteristics.
- For rheumatism (medical problems affecting the heart, bones, joints, kidney, skin and lung)
- For painful joints
- For neuralgia (a painful disorder of the nerves)
- To relieve migraine headaches
- To relax and soothe the nervous system
- To keep bacteria from growing
- As a natural deodorizer
- For inflammation which is a reaction of body tissue to irritation, injury or infection. Inflammation often causes pain, redness, and swelling.

Cornflower (Bluebottle) Ext – The Cornflower, with star like blossoms of brilliant blue, is a wildflower. It is fairly common in cultivated fields and by roadsides. The flowers are the part used in modern herbal medicine and are considered to have characteristics that are tonic, which means invigorating or stimulating.

Disodium EDTA – This is a sodium salt, which is used as a preservative.

Emu Oil – Emu Oil used topically is a unique 100% natural moisturizer. Emu Oil reduces the visible signs of aging. Emu Oil has many soothing health benefits including:

- Emu Oil is Rich in Essential Fatty Acids (EFA's) Omega 3, 6, 9
- Emu Oil contains a high amount of Omega 6 (Linoleic Acid) which is known to ease the discomfort of muscle and joint pain
- Emu Oil allows the EFA's to penetrate the layers of the skin down to a level that starts new cell growth
- Emu Oil absorbs deeply and quickly into the skin
- Emu Oil keeps skin moisturized and prevents dry and aging skin
- Emu Oil alone can help improve the appearance of wrinkles, stretch marks, burns, scars and damaged skin
- Emu Oil does not contain irritating substances (Hypoallergenic)
- Emu Oil does not clog pores (noncomedogenic)
- Emu Oil increases oxygen to increase local blood flow where it is applied. This additional blood flow accelerates the healing process.

Feverfew Ext – Feverfew is an herb, which was original to Europe but is now grown on several continents. Greek and European Herbalists historically used it to reduce fevers. Its long history in traditional medicine includes use as a treatment for what is usually controlled by aspirin. It is known as an effective treatment for migraine headaches, inflammations such as arthritis and for treating insect bites. It is the combination of ingredients in the feverfew plant that brings such effective results. Clinical tests have shown the use of feverfew may reduce frequency and severity of headaches. It may be more effective than other nonsteroidal anti-inflammatory products (NSAIDS), like aspirin.

German Chamomile Ext – German Chamomile is an annual plant of the sunflower family. It was originally grown in Europe. It has also been used for hundreds of years because of its perceived skin healing properties. German Chamomile is known to have anti-irritant, anti-inflammatory and anti-bacteria qualities.

Glucosamine – Glucosamine has been proven in numerous double blind, placebo-controlled studies to ease the pain of arthritis. Glucosamine has also been shown to aid in the rehabilitation of cartilage and slow down the progression of osteoarthritis. All forms of Glucosamine originate from

Shellfish.

Grape Seed Ext – Grape Seed Extract is considered one of the best natural sources of antioxidant protection. It is especially beneficial for cardiovascular health; it fights free radicals and gives antioxidant protection to the entire body. It is anti-inflammatory, antihistamine and antiallergenic. It is also a free radical scavenger.

Limetree Ext – Linden is an herb, which is derived from the lime tree and has been used in European traditional medicine for centuries. It is known to treat a wide range of health problems. The flowers are often added to baths. The active ingredient in Linden helps the body to promote sweating which is helpful to fevers.

Methylsulfonyl Methane (MSM) – Published, peer-reviewed clinical research in the United States has shown MSM is safe and effective in increasing joint comfort and supporting a normal range of motion.

MSM is effective in:

- Energy production
- Joint Support
- Joint Health

Nettle Ext – Stinging Nettle is an herblike flowering plant which grows in Europe, Asia, North Africa and North America. It has a long history in medicine. In medieval Europe it was used as a remedy for joint problems. The Stinging hairs have irritating chemicals that are released when the plant comes into contact with the skin. However, when they come into contact with an area of the body that is already in pain, the chemicals can actually help to decrease the original pain. This is why it is called a counterirritant.

Roman Chamomile Ext – Roman Chamomile is an herb, which is known for its anti-inflammatory properties.

Sodium Cocoyl Isethionate – This fatty acid derived from a bean is an excellent ingredient in mild and biodegradable products. What it basically does is make water wetter, thus improving the product.

Sodium Hyaluronate – This mixture is made up mostly of natural and purified sodium that comes from rooster combs. It is similar to a substance that occurs naturally in the joints and that acts as a lubricant and shock absorber.

Sodium Hydroxide – This ingredient is used to neutralize acid.

Sorbitol – Sorbitol comes from fruit and berries. It is used to dissolve oil into water.

2-Phenoxyethanol – This is an oily liquid used to prevent bacteria.

Vitamin E – Tocopherol, or vitamin E, is a fat-soluble vitamin that is an important antioxidant. Vitamin E is often used because it is commonly believed to play a role in encouraging skin healing and reducing scarring after injuries such as burns.

Willow Bark Ext – Willow bark is from a tree native to Europe and Yugoslavia. Willow has been used for centuries to ease discomfort associated with the joints, muscles and inflammation. The bark is best known for its pain-relieving and fever-reducing qualities. In the early 19th century, a French chemist took the principal active ingredient from Willow Bark, and named it salicin. At the end of the century a chemist at the Bayer Company in Germany used salicin to develop the world's most used medication. It is called aspirin, or acetyl-salicylic acid. Many well-known drugs come from this plant compound. Recently, pain sufferers are returning to the natural sources of salicin to avoid the potentially dangerous side effects of synthetic aspirin.

Witch Hazel Ext – Witch Hazel (*Hammamelis*) is a deciduous shrub or small tree found in North America. It has exceptional soothing, cleansing and healing properties. The extract from the bark and leaves is used in therapeutic medicine and in treating bruises. The word witch comes from the Old English meaning pliant or bendable.

