

## Active Cream

A fusion of 6 natural ingredients scientifically combined for Muscle and Joint Health!

Our Active Cream is ideal for muscle and joint health made of a unique blend of ingredients and organic essential oils that work together to provide fast and effective relief, helping you to stay active for longer.

**Excellent Quality Blend:** Every ingredient is specifically chosen to work together to target muscle and joint pain and inflammation fast.

**Magnesium:** Works as an effective muscle relaxant because of its ability to relax the brain and nervous system. Magnesium is known to assist cramps, muscle strength and performance.

**MSM:** Reduces the pain and inflammatory response in the body and assists to release cellular byproducts and excess fluid. MSM is beneficial for new joint and muscle tissue development.

**Arnica Montana:** Is known to reduce pain and stiffness in muscles and joints and reduces swelling.

**Rosemary:** Assists in relieving pain in muscles and joints and relieving muscular fatigue.

**Eucalyptus:** Provides an anti-inflammatory effect on muscle and joints and provides a naturally analgesic effect.

**Juniper:** Provides effective relief of inflammation of joints and muscles and reduces swelling.

**HOW TO USE:** Active cream applied liberally to the required area for targeted relief. Repeat as required. Contains 29% magnesium chloride hexahydrate plus 2% Arnica. 5g (1 teaspoon) contains 300mg of elemental magnesium.

**KEY INGREDIENTS AND WARNINGS:** Distilled water, Magnesium Chloride Hexahydrate, Sweet Almond Oil, Glycerine, Cetearyl, Glyceryl Stearate, Sodium Stearoyl Lactylate, Methyl Sulfonyl Methane, Hydroxypropyl Starch Phosphate, Arnica Oil, phenoxyethanol, Rosmanaris officianalis, Eucalyptus Globulus, Juniperus. If symptoms persist consult your healthcare practitioner. Always read the label. Use only as directed.

Some people may experience a tingling affect when they first apply, this is simply the magnesium being drawn into the skin. This subsides with continued use.

**EVIDENCE:** Chandrasekaran NC, Sanchez WY, Mohammed YH, Grice JE, Roberts MS, Barnard RT. Permeation of topically applied Magnesium ions through human skin is facilitated by hair follicles. Magnes Res 2016; 29(2): 35-42 doi:10.1684/mrh.2016.0402.

ALL NATURAL  
AND DRUG FREE  
FORMULATION

6  
NATURAL  
INGREDIENTS



Available in 125ml, 250ml (pump) and 500ml (pump).