



## Deep Heat Heat Rub

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### 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,