



## Phynova Joint and Muscle Relief Tablets

### Uses

A traditional herbal medicinal product used for the relief of backache, minor sports injuries, rheumatic or muscular pains and general aches and pains in the muscles and joints, based on traditional use only.

### Dosage

Over 18 years: one tablet twice daily (morning and night) swallowed whole with water or other liquid. If symptoms worsen, or do not improve after 4 weeks professional advice should be sought. Under 18 years: not recommended.

### Format and Ingredients

Pale yellow oval shaped film coated tablet containing:  
Singesbeckia dry extract 500mg