



SUPPORT FOR SORE MUSCLES, TENDONS & JOINTS

Back in Action combines 23 herbs traditionally used to ease soreness and promote healing of muscles, joints, and tendons inflamed by overwork and injury. The formula was first developed by the "Kung Fu" monks of the Shaolin Temple, who used it to assist recovery from martial arts training and combat. Back in Action updates their formula to emphasize turmeric and corydalis, two herbs which research suggests may provide effective relief of temporary pain and inflammation.*

TRADITIONAL FUNCTIONS

The herbal ingredients in Back in Action have been used historically to:

- » ease pain in sore, overworked or injured muscles
- » reduce inflammation in tendons and soft tissues
- » relieve joint pain
- » aid muscle recovery from overuse or injury

WHEN TO USE

Use Back in Action to support your body's response to occasional muscle soreness, joint inflammation, and soft tissue pain due to physical activity, injury, or exercise. Take before and after deep tissue massage, especially when massage is indicated due to injury.

RECOMMENDED USE

Shake well and take 20 drops (1 mL) or half a dropper full per 50 pounds of body weight by mouth two to three times per day, or as directed by your healthcare professional. For fastest results, hold under the tongue for a minute before swallowing. If taste is too strong, dilute first in a small amount of room temperature water or other liquid. For those sensitive to alcohol, place drops in heated water and allow to cool; most of the alcohol will evaporate.

- ✓ FAST-ABSORBING LIQUID FORMULA
- ✓ FREE OF SOY, WHEAT & DAIRY
- ✓ NO ARTIFICIAL FLAVORS OR COLORS
- ✓ NO ARTIFICIAL PRESERVATIVES
- ✓ MINIMALLY PROCESSED
- ✓ TESTED FOR PURITY
- ✓ SATISFACTION GUARANTEE
- ✓ MADE IN U.S.A.

ALTERNATE DOSAGES & FREQUENCY

If satisfactory results are not achieved in five days at the recommended serving size, increase the frequency to a maximum of four times per day before increasing the dose. Do not exceed 40 drops (2 mL) per 50 pounds of body weight for adults and 20 drops (1 mL) per 50 pounds for children under 12. Not for use by pregnant or nursing women or by children under age three.

INGREDIENTS

Proprietary Herbal Blend: Chinese angelica (root), Garden balsam (leaf), Safflower (flower), Red peony (root), Loranthus (whole herb), Corydalis yanhusuo (rhizome), Astragalus (root), Peach (kernel), Bai-zhu atractylodes (rhizome), Chinese quince (fruit), Sichuan lovage (root), Mulberry (twig), Sappan (wood), Elk horn (shed antler), Myrrh (resin), Olibanum (resin), Fragrant angelica (root), Sichuan dipsacus (root), Psoralea (fruit), Pseudostellaria (root), Costus (root), Turmeric (tuber), Cinnamon (twig)

Other Ingredients: Filtered water, ethyl alcohol from sugarcane (less than 17% by packaged volume), USP pharmaceutical grade vegetable glycerin

