



Mountain Ice Pain Gel is Made with the BEST ingredients on Earth!

MENTHOL: An active ingredient in pain relieving products because it provides a cooling and numbing sensation to the skin and prevents the pain from traveling to the central nervous system. While the effects of menthol are immediate, there are also long-term benefits. By increasing blood flow, it allows the skin to absorb other ingredients and deliver nutrients that are necessary for cellular repair.

TURMERIC: A natural plant mainly used in the Indian culture as a digestive aid that has been discovered to provide health benefits for pain relief. It is the magical ingredient, curcumin, which makes turmeric such a powerful ingredient because of its antioxidant and anti-inflammatory properties. When used in a topical gel or cream, turmeric can actually prevent joint pain, according to the Arthritis Foundation.

GLUCOSAMINE: A naturally occurring chemical found in the fluid surrounding our joints. Glucosamine sulfate is also found in shellfish and is mainly the form used in dietary supplements. The purpose of adding glucosamine and chondroitin sulfate to pain relieving products is to prevent the breakdown of cartilage and slow the progression of osteoarthritis, according to the National Institute of Health.

MSM: Methylsulfonylmethane, the formal name, is found in plants, animals, and humans. MSM has been described as a “miracle compound” because it’s a natural and safe alternative to treating pain. It significantly reduces stiff joints and inflammation associated with arthritis. MSM also has the power to increase the production of a potent antioxidant, glutathione, and boost immunity to stay healthy.

CHONDROITIN SULFATE: In the body, it is found in connective tissues and largely composes cartilage. When used in supplements, chondroitin is derived from animal cartilage. By blocking enzymes and providing resistance, it allows collagen to absorb the shocks that break down cartilage. The combination of chondroitin sulfate and glucosamine can provide joint relief and actually reverse cartilage loss.

CAMPHOR: Originating from a tree in Asia, camphor has been used for centuries to relieve pain. The oil extracted from the wood is widely used today in gels, lotions, creams, balms, and salves. Like menthol, camphor works by cooling the skin and numbing the area which blocks pain signals to the brain. It is very powerful when used for pain relief. Camphor is so effective that it has a multitude of uses such as anti-inflammatory, antibacterial, antifungal, antispasmodic, and even anti-aging agent.

VITAMIN E: Traditionally used for its anti-aging and healing properties, vitamin E oil can be applied topically or taken in vitamin form. It is a powerful antioxidant that is also found in many foods and slows the damage caused to cells. For this reason, it is now thought to actually slow down or prevent some diseases. In addition, vitamin E can alleviate muscle soreness and reduce inflammation after exercise.

ALOE VERA: Mainly known for its cooling effects on burns and healing properties on abrasions because of its ability to fight off bacteria and boost the immune system. Aloe Vera gel is naturally extracted from the leaves of a plant and can directly be applied to the skin for immediate relief. Because of its ability to reduce inflammation, aloe is now being used for joint and muscle pain associated with arthritis and fibromyalgia. The powerful vitamins and minerals contained in aloe help repair damaged cells.

TEA TREE OIL: Derived from the Australian plant, *Melaleuca alternifolia*, this powerful oil has been used for centuries as an antimicrobial, antifungal and antiseptic. It was later discovered that the wonder element also helps with inflammation. Tea tree oil works by cleansing the skin and getting deep under the surface to reduce swelling and calm irritation. It works to relieve sore, stiff muscles and even joint pain like arthritis. Essential oils have gained popularity among those looking for alternative medicine.

HYALURONIC ACID: Like glucosamine, it is found in our body in the fluids around our joints and also our eyes. Because it is a natural lubricant for our bones, the loss of it causes pain and stiffness that is associated with osteoarthritis. Replenishing the skin with hyaluronic acid, allows the water to attach to the skin cells and provide moisture to the joints, therefore alleviating the pain. As in beauty products, this powerful ingredient “plumps” the skin and rejuvenates our cells, providing a youthful appearance.

ARNICA MONTANA FLOWER: Called the “mountain daisy” because of its yellow, daisy-like appearance and growth in mountainous areas, the flowers and roots have been used for centuries in herbal medicines. The herb, arnica, has gained popularity in homeopathic use for pain relief. Arnica Montana has potent oil that is extracted from the flowers. Because of its anti-inflammatory and healing benefits, it is being used to reduce swelling, relieve muscle strains, improve joint pain, and even minimize bruising.

GLYCERIN: Found in plant sources, it also occurs in the body naturally and serves as a humectant by drawing water and retaining moisture. It acts as a barrier to the skin against free radicals and harsh environments, and prevents dryness caused by excessive hand washing. Glycerin is one of the main ingredients found in moisturizers because of its hydrating effects, but it can also help other ingredients penetrate below the skin’s surface, promote cell exfoliation, and reduce the time to heal wounds.

ILEX PARAGUARIENSIS LEAF: Commonly referred to as yerba mate, a tea extracted from the leaves of the Ilex paraguariensis plant, this pungent antioxidant contains plentiful nutrients and vitamins. With a variety of uses and health benefits, our main interest relates to its ability to fight infections, boost immunity, increase resilience to improve muscle fatigue, and pain relieving effects on nerve endings.

Mountain Ice absorbs differently than other topical gels, allowing its rich ingredients to get deep down to the source of the pain. Mountain Ice Pain Relieving Gel is unlike any other topical OTC gel on the market today. Once you try it, you will understand the difference.