



SOLUGEL  
**fisiocrem**<sup>™</sup>

**Topical gel for the temporary relief of muscular aches and pains**

Arnica • Hypericum • Calendula • Menthol • Melaleuca

fisiocrem is a topical gel containing menthol and naturally derived active ingredients of Arnica, Hypericum (St John's Wort), Calendula and Melaleuca for the temporary relief of muscular aches and pains.



Clinically tested<sup>1</sup> - In a randomised, double-blind, placebo controlled, clinical trial fisiocrem Solugel was shown to significantly reduce pain and improve mobility within minutes of application; used twice daily, it continued to improve both acute and chronic musculoskeletal pain and mobility over 14 days, showing the benefit of both the immediate alleviation and also for longer-term relief.

**Ideal for:**

- Symptomatic relief from muscle injury, sprains and strains
- Muscle inflammation and post-exercise recovery

The herbs at the heart of fisiocrem products are extracted using a proprietary technology, based on long-standing herbal medicines paradigms, now aligned with modern medicine manufacturing regimes.

**fisiocrem Solugel Active Ingredients:**

Arnica montana flower liquid extract 105 mg/g ~ Eq: Dry 10.5 mg/g  
 Calendula officinalis flower liquid extract 25 mg/g ~ Eq: Dry 2.5 mg/g  
 Hypericum perforatum flower liquid extract 25 mg/g ~ Eq: Dry 2.5 mg/g  
 Menthol 25 mg/g  
 Melaleuca alternifolia leaf essential oil 10 mg/g  
 Melaleuca alternifolia leaf oil - 10mg/g

<sup>1</sup> Ramon et al Ortho & Rheum Open Access J 20(1): OROAJ.MS.ID.556028 (2022) This study was funded by Fisiocrem.

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE

AUST L 327081

SOLUGEL  
**fisiocrem**<sup>™</sup>

**Designed to keep you moving**

fisiocrem<sup>™</sup> SOLUGEL + fisiocrem<sup>™</sup> Joint Ease

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**Active Ingredients**

**Arnica montana** is also called Leopard's or wolf's bane. Well-established scientific evidence supports its usefulness in the healing of minor muscle injuries and bruises.

**Calendula officinalis** is also called pot or garden marigold. It can be beneficial in relieving symptoms of soft tissue trauma and supporting body tissue regeneration and repair.

**Hypericum perforatum** is more commonly called St John's Wort. Well-established scientific evidence supports its use in relieving mild swelling, bruise pain and assisting in the healing of minor tissue injuries.

**Melaleuca alternifolia** best known as Tea Tree Oil, it can help to relieve inflammation and helps to enhance the dermal penetration of the other active constituents.

**Menthol** helps to relieve pain and to stimulate blood flow to the skin, it's especially useful for the relief of muscle pain and soreness.



**Proudly Australian Made**



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# Difference between fisiocrem Solugel and fisiocrem Joint Ease



fisiocrem Solugel is specifically designed to provide temporary pain relief for muscle aches and pains, inflammation, soft tissue trauma and sprains and strains. fisiocrem solugel is suitable for use before and after physical activity.



fisiocrem Joint Ease has been scientifically formulated specifically for use in mild forms of rheumatic disease including the symptoms of mild arthritis/mild osteoarthritis.

fisiocrem Joint Ease is an innovative, **discreet, low-odour** topical gel that helps to rapidly relieve pain, and improve inflammation and stiffness, symptoms associated with mild arthritis/mild osteoarthritis.

Easy to apply, our **non-greasy, non-heat formulation**, is designed to provide ongoing joint comfort and helps to promote joint mobility and healthy joint function.



# fisiocrem Joint Ease

### Topical gel for the temporary relief of symptoms of mild osteoarthritis and joint pain

**Boswellia • Nigella • Menthol • Arnica • Calendula • Hypericum • Melaleuca**

*fisiocrem Joint Ease AUST L 384978*

fisiocrem Joint Ease combines the clinically demonstrated power of fisiocrem Solugel with two additional botanical actives to provide more than just pain relief.

**Boswellia serrata gum resin extract** is rich in Boswellic acids that are likely to be responsible for its anti-inflammatory and analgesic properties. It's been shown to be particularly beneficial in helping to relieve symptoms of mild rheumatic disease such as joint aches and pains and stiffness and helps to promote healthy joint function.

**Nigella sativa oil (also known as Black seed oil).** Well-established scientific and as well as clinical evidence indicates that Nigella sativa oil can help to moderate the symptoms of mild arthritis / mild osteoarthritis, providing relief from aches, pains and soreness. Thymoquinone has been described as the main active constituent and is likely responsible for its as anti-inflammatory and joint protective effects.

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- fisiocrem Joint Ease Active Ingredients:**
- Boswellia serrata sap concentrated resin extract resin 10 mg/g ~ Eq: Fresh 100 mg/g
  - Nigella sativa seed oil 50 mg/g
  - Menthol 25 mg/g
  - Arnica montana flower liquid extract 73.14 mg/g ~ Eq: Dry 7.314 mg/g
  - Calendula officinalis flower liquid extract 17.5 mg/g ~ Eq: Dry 1.75 mg/g
  - Hypericum perforatum flower liquid extract 17.5 mg/g ~ Eq: Dry 1.75 mg/g
  - Melaleuca alternifolia leaf essential oil 7 mg/g



# How to use fisiocrem Solugel and fisiocrem Joint Ease:

Apply a few grams to the affected area 3 to 4 times daily, as required. Massage in as required.

### Take care:

FOR EXTERNAL USE ONLY. Not suitable for use on broken skin. Avoid eye contact. If you have sensitive skin, test the product on a small area of skin before applying to a large area. If irritation develops, discontinue use. Not recommended for use on pregnant or lactating women. Consult your practitioner if symptoms persist.

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