



# Bloc-It Counterirritant Gel

**Ingredients:** Menthol, aloe vera, capsicum, chamomile, 99% isopropyl alcohol (26% per volume).

**Directions:** Apply to major muscle groups, joints and soft tissue injuries with gentle massage.

Use 30 minutes before exercise. Can be used daily if needed for temporary relief of minor ligament pain, stiffness or soreness.