

Runner's Relief Poultice Label

The Quickest Solution for Tendons, Suspensories, and Fractures; Runner's Relief Poultice is a silky smooth and creamy rich base, easily applied and easily washes off.

Directions for Use:

- Before applying Runner's Relief Poultice, remove all previous medication, chemicals, and foreign matter by washing the area thoroughly.
- Apply a liberal amount of Runner's Relief Poultice evenly over the area to be treated and cover with a cotton quilt, plastic (saran) wrap, standing bandage (polo wrap) and leave for 12 hours.
- After 12 hours, remove by washing the area and leave off for 12 hours; repeat treatment six days a week leaving one day of non-treatment.

Tips:

- Rip plastic wrap a little on bottom and on top to prevent tightening of the plastic wrap on the leg.
- Can be used without bandaging in the areas that cannot be wrapped.
- Also used for maintenance or to tighten the leg before or after exercise.

Warnings:

Do not use or mix with any other products. Keep out of the reach of children. (For external use only)

Ingredients:

Organic Carbon Extracts, Mineral Compounds, Sulfur, Essential Oils, Oil of Wintergreen, Glycerin, Polyoxyethylene, Polysorbate, Methylparaben, Polyethylene Glycols.