Ingredients: (INCI): Aqua, PEG-40 Hydrogenated Castor Oil, Propylene Glycol, Glycerin, Camphor, Carbomer, Capsicum Frutescens Fruit Extract, Vanillyl Butyl Ether, Gaultheria Procumbens (Wintergreen) Leaf Oil, Phenoxyethanol, Eucalyptus Globulus Leaf Oil, Lavandula Hybrida Oil, Rosmarinus Officinalis (Rosemary) Oil, Sodium Hydroxide, Ethylhexylglycerin,

Cl 16255, Cl 14720, Cl 28440.

Russian balm is formulated on the basis of capsaicin, isolated from paprika, showing local anti-rheumatic and anti-inflammatory effects. At the application site, it improves peripheral circulation with increased redness and skin temperature, causing a pleasant warmth of the skin. The basic mechanism of action is based on the activation of Ion channels (TRPV1), sensitive to external stimuli and high temperature. TRPV1 are widely expressed on the sensory neuronal membrane in the skin, so-called vanilloid receptors of type 1 (VR-1). Capsaicin, in its structure, contains a vanillil group which, by binding to VR-1 receptors, creates and transmits a nerve impulse that is interpreted in the brain as a burning and tingling feeling. Repeated long activation leads to a decrease in the amount of neurotransmitter for heat, resulting in pain and inflammation relief.

Russian balm is used to relieve musculoskeletal pain, tension and stiffness of the joints, followed by swelling. It helps with osteoarthritis, sports injuries, muscle spasms, stiff neck and headache (lumbar syndrome). Due to the long-lasting heat effect, they help to relieve all the rheumatic problems that are particularly expressed in the colder part of the year.

It helps for:

- rheumatic disorders, cramps and muscle pain
- tension and tenderness in the joints
- weak peripheral circulation

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How to use:

Apply balm several times a day to a painful spot and with circular movements rub the product up to full absorption. The heating effect is released after a few minutes.

Remarks:

The preparation is intended only for external use. Avoid contact with eyes, mucus or damaged skin. In case of contact, rinse immediately with plenty of water. It is not recommended to use in people who are sensitive to any of the ingredients.

Storage: Keep at temperatures up to 25 °C, out of the reach of children. Period of use: 3 years. Packaging: Tubing with 200 ml balsams.

Manufacturer: Esensa D.O.O. Slobodna Zona Beograd (Belgrade), Viline vode bb, the Republic of Serbia

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