

MUSCLE ICE- phytolacca decandra, bellis perennis, ledum palustre, ruta graveolens, symphytum officinale, magnesia phosphorica, silicea, menthol (crystals) gel
Peaceful Mountain, Inc.

Disclaimer: This homeopathic product has not been evaluated by the Food and Drug Administration for safety or efficacy. FDA is not aware of scientific evidence to support homeopathy as effective.

DRUG FACTS:

ACTIVE INGREDIENTS:

(in gel): 4% of Menthol; 0.20% of Bellis 6X, Ledum Palustre 6X, Phytolacca Decandra 4X, Ruta Graveolens 6X, Symphytum Officinale 6X; 0.001% of Magnesia Phosphorica 9X, Silicea 9X.

INDICATIONS:

May temporarily relieve minor aches and pains of muscles and joints.**

**Claims based on traditional homeopathic principles, not accepted medical evidence. Not FDA evaluated.

WARNINGS:

For external use only. Avoid contact with eyes.

If condition worsens, or if symptoms persist for more than 7 days or clear up and occur again within a few days, discontinue use of this product and consult a doctor.

Do not apply to wounds or damaged skin, or mucous membranes. Do not bandage tightly.

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. If swallowed, get medical help or contact a Poison Control Center right away. Do not use if safety seal is broken or missing.

KEEP OUT OF REACH OF CHILDREN:

Keep out of reach of children. If swallowed, get medical help or contact a Poison Control Center right away.

DIRECTIONS:

Adults: Apply to affected area not more than 3 to 4 times daily.

Children 2 years of age and older: Consult a health professional. *Do not use on children under 2 years of age.*

INDICATIONS:

May temporarily relieve minor aches and pains of muscles and joints.**

**Claims based on traditional homeopathic principles, not accepted medical evidence. Not FDA evaluated.

INACTIVE INGREDIENTS:

Purified Water, Aloe Vera Leaf Juice, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Phenoxyethanol, Caprylyl Glycol, Sorbic Acid, PEG-33, PEG-8 Dimethicone, PEG-14, Sodium Hydroxide (Solution), Tocopherols (Derived from Soy Bean), EDETATE Disodium (EDTA), Ginger (Zingiber Officinale) Root Oil, English Lavender (Lavandula Angustifolia) Flower Oil, Spanish Thyme (Thymus Zygis) Aerial Parts Oil, St. John's Wort (Hypericum Perforatum) Aerial Parts Oil, Potassium Sorbate, Sodium Benzoate, Ethanol and Citric Acid.

QUESTIONS

Dist. by Peaceful Mountain, Inc.

Woodbine, IA 51579

888-303-3388

www.peacefulmountain.com

PACKAGE LABEL DISPLAY:

muscle ice

peaceful mountain

THE HEIGHT OF HEALTH

homeopathic

pain relieving gel

paraben-free

Net wt. 2 oz (57 g)



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**Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

Active Ingredients (in gel): 4% of Menthol; 0.20% of Bellis 6x, Ledum 6x, Phytolacca 4x, Ruta 6x, Symphytum 6x; 0.001% of Mag Phos 9x, Silicea 9x

Warnings: For external use only. Avoid contact with eyes. If condition worsens, or if symptoms persist for more than 7 days or clear up and occur again within a few days, discontinue use of this product and consult a doctor. Do not apply to wounds, damaged skin, or mucous membranes. Do not bandage tightly. If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children. If swallowed, get medical help or contact a Poison Control Center right away. Do not use if safety seal is broken or missing.

Directions: *Adults:* Apply to affected area not more than 3 to 4 times daily. *Children 2 years of age and older:* Consult a health professional. Do not use on children under 2 years of age.

Inactive Ingredients: Water, Aloe Vera Leaf Juice, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Phenoxyethanol, Caprylyl Glycol, Sorbic Acid, PEG-33, PEG-8 Dimethicone, PEG-14, Sodium Hydroxide, Tocopherols (soy), Disodium EDTA, Ginger (*Zingiber officinale*) Root Oil, English Lavender (*Lavandula angustifolia*) Flower Oil, Spanish Thyme (*Thymus zygis*) Aerial Parts Oil, St. John's Wort (*Hypericum perforatum*) Aerial Parts Oil, Potassium Sorbate, Sodium Benzoate, Ethanol and Citric Acid

non-greasy • no petroleum • no animal testing

peaceful mountain.[®]
THE HEIGHT OF HEALTH[®]

homeopathic pain relieving gel

paraben-free



Net wt. 2 oz. (57 g)

MUSCLE ICE

phytolacca decandra, bellis perennis, ledum palustre, ruta graveolens, symphytum officinale, magnesia phosphorica, silicea, menthol (crystals) gel

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:43846-0073
Route of Administration	TOPICAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
PHYTOLACCA AMERICANA ROOT (UNII: 11E6VI8VEG) (PHYTOLACCA AMERICANA ROOT - UNII:11E6VI8VEG)	PHYTOLACCA AMERICANA ROOT	4 [hp_X] in 1 g
BELLIS PERENNIS WHOLE (UNII: 2HU33I03UY) (BELLIS PERENNIS - UNII:2HU33I03UY)	BELLIS PERENNIS WHOLE	6 [hp_X] in 1 g
LEDUM PALUSTRE TWIG (UNII: 877L01IZ0P) (LEDUM PALUSTRE TWG - UNII:877L01IZ0P)	LEDUM PALUSTRE TWG	6 [hp_X] in 1 g
RUTA GRAVEOLENS FLOWERING TOP (UNII: N94C2U587S) (RUTA GRAVEOLENS FLOWERING TOP - UNII:N94C2U587S)	RUTA GRAVEOLENS FLOWERING TOP	6 [hp_X] in 1 g
COMFREY ROOT (UNII: M9VVZ08EKQ) (COMFREY ROOT - UNII:M9VVZ08EKQ)	COMFREY ROOT	6 [hp_X] in 1 g
MAGNESIUM PHOSPHATE, DIBASIC TRIHYDRATE (UNII: HF539G9L3Q) (MAGNESIUM CATION - UNII:T6V3LHY838)	MAGNESIUM PHOSPHATE, DIBASIC TRIHYDRATE	9 [hp_X] in 1 g
SILICON DIOXIDE (UNII: ETJ7Z6XBU4) (SILICON DIOXIDE - UNII:ETJ7Z6XBU4)	SILICON DIOXIDE	9 [hp_X] in 1 g

Inactive Ingredients

Ingredient Name	Strength
MENTHOL (UNII: L7T10EIP3A)	
WATER (UNII: 059QF0KO0R)	
PHENOXYETHANOL (UNII: HIE492ZZ3T)	
CAPRYLYL GLYCOL (UNII: 00YIU5438U)	
SORBIC ACID (UNII: X045WJ989B)	
SODIUM HYDROXIDE (UNII: 55X04QC32I)	
POLYETHYLENE GLYCOL 1600 (UNII: 1212Z7S33A)	
PEG-8 DIMETHICONE (UNII: GIA7T7640D)	
POLYETHYLENE GLYCOL 700 (UNII: 762678AC5R)	
CARBOMER INTERPOLYMER TYPE A (ALLYL SUCROSE CROSSLINKED) (UNII: 59TL3WG5CO)	
TOCOPHEROL (UNII: R0ZB2556P8)	
ALOE VERA LEAF (UNII: ZY81Z83H0X)	
EDETATE DISODIUM (UNII: 7FLD91C86K)	
POTASSIUM SORBATE (UNII: 1VPU26JZZ4)	
SPANISH THYME OIL (UNII: U14667H96E)	
GINGER OIL (UNII: SAS9Z1SVUK)	
LAVENDER OIL (UNII: ZBP1YXW0H8)	
HYPERICUM OIL (UNII: OZU2FC70HY)	
ALCOHOL (UNII: 3K9958V90M)	
CITRIC ACID MONOHYDRATE (UNII: 2968PHW8QP)	
SODIUM BENZOATE (UNII: OJ245FE5EU)	

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:43846-0073-1	57 g in 1 TUBE; Type 0: Not a Combination Product	03/20/2020	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
unapproved homeopathic		03/20/2020	

Labeler - Peaceful Mountain, Inc. (078430707)

Registrant - Apotheca Company (844330915)

Establishment

Name	Address	ID/FEI	Business Operations
Apotheca Company		844330915	manufacture(43846-0073) , api manufacture(43846-0073) , label(43846-0073) , pack(43846-0073)

Revised: 6/2024

Peaceful Mountain, Inc.