

**MUSCLE ICE - phytolacca decandra, symphytum officinale, bellis perennis, ledum palustre, ruta graveolens, magnesia phosphorica, silicea, gel**

**Apotheca Company**

*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.*

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**Muscle Ice**

**ACTIVE INGREDIENTS:** Phytolacca decandra 1X, Symphytum officinale 3X, Bellis perennis 6X, Ledum palustre 6X, Ruta graveolens 6X, Magnesia phosphorica 9X, Silicea 9X,.

**INDICATIONS:** For the temporary relief of minor aches and pains of muscles and joints.

**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. 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.

**DIRECTIONS:** Adults and children 2 years of age and older: Apply to affected area not more than 3 to 4 times daily. Children under 2 years of age: consult a doctor.

**INACTIVE INGREDIENTS:** Aloe vera concentrate, Camphor essential oil, Carbomer, Purified water, Edetate disodium, Ginger essential oil, Lavender essential oil, Peg-33, Peg-8, Demithicone, Peg-14, Phenoxyethanol, Caprylyl glycol, Sorbic acid, Potassium sorbate, Sodium hydroxide, St. John's wort essential oil, Vitamin E oil (derived from Soy Bean), Menthol.

**KEEP OUT OF REACH OF CHILDREN.** If swallowed, get medical help or contact a Poison Control Center right away.

**INDICATIONS:** For the temporary relief of minor aches and pains of muscles and joints.

**Dist by Peaceful Mountain, Inc.**

Woodbine, IA 51579

888-303-3388

[www.peacefulmountain.com](http://www.peacefulmountain.com)

**peaceful mountain**

THE HEIGHT OF HEALTH

## muscle ice

### homeopathic pain relieving gel

formulated in boulder, co

Net wt. 0.24 oz. (7 g)



## MUSCLE ICE

phytolacca decandra, symphytum officinale, bellis perennis, ledum palustre, ruta graveolens, magnesia phosphorica, silicea, gel

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:57520-0484
<b>Route of Administration</b>	TOPICAL		

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
<b>PHYTOLACCA AMERICANA ROOT</b> (UNII: 11E6V18VEG) (PHYTOLACCA AMERICANA ROOT - UNII:11E6V18VEG)	PHYTOLACCA AMERICANA ROOT	1 [hp_X] in 1 g
<b>COMFREY LEAF</b> (UNII: DG4F8T839X) (COMFREY LEAF - UNII:DG4F8T839X)	COMFREY LEAF	3 [hp_X] in 1 g
<b>BELLIS PERENNIS</b> (UNII: 2HU33103UY) (BELLIS PERENNIS - UNII:2HU33103UY)	BELLIS PERENNIS	6 [hp_X] in 1 g
<b>LEDUM PALUSTRE TWIG</b> (UNII: 877L01IZ0P) (LEDUM PALUSTRE TWIG - UNII:877L01IZ0P)	LEDUM PALUSTRE TWIG	6 [hp_X] in 1 g
<b>RUTA GRAVEOLENS FLOWERING TOP</b> (UNII: N94C2U587S) (RUTA GRAVEOLENS FLOWERING TOP - UNII:N94C2U587S)	RUTA GRAVEOLENS FLOWERING TOP	6 [hp_X] in 1 g
<b>MAGNESIUM PHOSPHATE, DIBASIC TRIHYDRATE</b> (UNII: HF539G9L3Q) (MAGNESIUM CATION - UNII:T6V3LHY838)	MAGNESIUM PHOSPHATE, DIBASIC TRIHYDRATE	9 [hp_X] in 1 g
<b>SILICON DIOXIDE</b> (UNII: ETJ7Z6XBU4) (SILICON - UNII:Z4152N8IU)	SILICON DIOXIDE	9 [hp_X] in 1 g

### Inactive Ingredients

Ingredient Name	Strength
<b>ALOE VERA LEAF</b> (UNII: ZY81Z83H0X)	
<b>CAMPOR OIL</b> (UNII: 75IZZ8Y727)	
<b>WATER</b> (UNII: 059QF0K00R)	
<b>EDETATE DISODIUM</b> (UNII: 7FLD91C86K)	
<b>GINGER OIL</b> (UNII: SAS9Z1SVUK)	
<b>LAVENDER OIL</b> (UNII: ZBP1YXW0H8)	

PHENOXYETHANOL (UNII: HIE492ZZ3T)	
CAPRYLYL GLYCOL (UNII: 00YIU5438U)	
SORBIC ACID (UNII: X045WJ989B)	
POTASSIUM SORBATE (UNII: 1VPU26JZZ4)	
SODIUM HYDROXIDE (UNII: 55X04QC32I)	
HYPERICUM OIL (UNII: OZU2FC70HY)	
ALPHA-TOCOPHEROL (UNII: H4N855PNZ1)	
POLYETHYLENE GLYCOL 1500 (UNII: 1212Z7S33A)	
POLYETHYLENE GLYCOL 400 (UNII: B697894SGQ)	
POLYETHYLENE GLYCOL 700 (UNII: 762678AC5R)	
DIMETHICONE (UNII: 92RU3N3Y1O)	
MENTHOL (UNII: L7T10EIP3A)	
CARBOMER INTERPOLYMER TYPE A (55000 MPA.S) (UNII: 59TL3WG5CO)	

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:57520-0484-1	7 g in 1 PACKET		

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
unapproved homeopathic		01/19/2011	

**Labeler** - Apotheca Company (844330915)

### Establishment

Name	Address	ID/FEI	Business Operations
Apotheca Company		844330915	manufacture

Revised: 1/2011

Apotheca Company