

GURUNANDA PAIN RELIEF- menthol spray
GURUNANDA, LLC

GuruNanda Pain Relief Spray

Active ingredient

Menthol 10.5%

Purpose

Topical Analgesic

Use

temporarily relieves minor aches and pains of muscles and joints

Warnings

For external use only

Flammable Do not use near heat, fire, flame, sparks or while smoking

Do not use

If you are allergic to any ingredients of this product

Ask a doctor before use if you have

sensitive skin or kidney problems

Stop use and ask a doctor if

condition worsens, redness is present, irritation develops, symptoms persist for more than 7 days or clear up and occur again within a few days, you experience signs of skin injury, such as pain, swelling, or blistering where the product was applied.

When using this product

- use only as directed. Read and follow all directions and warnings on this label
- do not allow contact with the eyes and mucous membranes
- do not apply to wounds or damaged, broken or irritated skin
- do not apply to irritated skin or if excessive irritation develops
- do not bandage tightly or apply local heat (such as heating pads) or a medicated patch to area of use
- avoid spraying on face
- avoid inhalation of spray
- avoid applying to skin folds
- do not use at the same time as other topical analgesics

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 immediately (1-800-222-1222).

Directions

Adults and children 12 years of age and older: Spray affected area not more than 3 to 4 times daily

Children under 12 years of age: Ask a health professional before use.

Children under 2 years of age: Do not use

Other information

- Recommended storage temperature 59°F-77°F (15°C-25°C)
- Do not store at temperature above 120°F (49°C)
- Do not use if printed neck seal is broken or missing

Inactive ingredients

Alcohol, Water, Magnesium Chloride, Ginger Oil, Peppermint Oil, Caprylic/Capric/Lauric Triglyceride, Eucalyptus Oil, Frankincense Oil, Lavender Oil, Wintergreen Oil, D-Alpha Tocopherol (Vitamin E), Black Pepper Oil, Arnica Montana Flower Extract, Cholecalciferol (Vitamin D3, Menaquinone-7 (Vitamin K2)

Not For Individual
Retail Sale.



Distributed by: GuruNanda LLC
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34-73-2OZ-08834-1
V08834B



| Drug Facts | |
|--|--|
| Active ingredient | Purpose |
| Menthol 10.5%..... | Topical Analgesic |
| Use temporarily relieves minor aches and pains of muscles and joints | |
| Warnings | |
| For external use only | |
| Flammable Do not use near heat, fire, flame, sparks or while smoking | |
| Do not use If you are allergic to any ingredients of this product | |
| Ask a doctor before use if you have sensitive skin or kidney problems | |
| When using this product | |
| <ul style="list-style-type: none"> ■ use only as directed. Read and follow all directions and warnings on this label ■ do not allow contact with the eyes and mucous membranes ■ do not apply to wounds or damaged, broken or irritated skin ■ do not apply to irritated skin or if excessive irritation develops ■ do not bandage tightly or apply local heat (such as heating pads) or a medicated patch to area of use ■ avoid spraying on face ■ avoid inhalation of spray ■ avoid applying to skin folds ■ do not use at the same time as other topical analgesics | |
| Stop use and ask a doctor if = condition worsens = redness is present = irritation develops = symptoms persist for more than 7 days or clear up and occur again within a few days = you experience signs of skin injury, such as pain, swelling, or blistering where the product was applied. | |
| 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 immediately (1-800-222-1222). | |
| Directions | |
| Adults and children 12 years of age and older | Spray affected area not more than 3 to 4 times daily |
| Children under 12 years of age | Ask a health professional before use. |
| Children under 2 years of age | Do not use |
| Other information | |
| <ul style="list-style-type: none"> ■ Recommended storage temperature 59°F-77°F (15°C-25°C) ■ Do not store at temperature above 120°F (49°C) ■ Do not use if printed neck seal is broken or missing | |
| Inactive Ingredients | |
| Alcohol, Water, Magnesium Chloride, Ginger Oil, Peppermint Oil, Caprylic/Capric/Lauric Triglyceride, Eucalyptus Oil, Frankincense Oil, Lavender Oil, Wintergreen Oil, D-Alpha Tocopherol (Vitamin E), Black Pepper Oil, Arnica Montana Flower Extract, Cholecalciferol (Vitamin D3), Menquinone-7 (Vitamin K2) | |

GURUNANDA PAIN RELIEF

menthol spray

Product Information

| | | | |
|--------------------------------|----------------|---------------------------|---------------|
| Product Type | HUMAN OTC DRUG | Item Code (Source) | NDC:70708-834 |
| Route of Administration | TOPICAL | | |

Active Ingredient/Active Moiety

| Ingredient Name | Basis of Strength | Strength |
|---|-------------------|----------------|
| LEVOMENTHOL (UNII: BZ1R15MTK7) (LEVOMENTHOL - UNII:BZ1R15MTK7) | LEVOMENTHOL | 105 mg in 1 mL |

Inactive Ingredients

| Ingredient Name | Strength |
|--|----------|
| .ALPHA.-TOCOPHEROL, D- (UNII: N9PR3490H9) | |
| ARNICA MONTANA FLOWER (UNII: OZ0E5Y15PZ) | |
| EUCALYPTUS OIL (UNII: 2R04ONI662) | |
| PEPPERMINT OIL (UNII: AV092KU4JH) | |
| CHOLECALCIFEROL (UNII: 1C6V77QF41) | |
| ALCOHOL (UNII: 3K9958V90M) | |
| GINGER OIL (UNII: SAS9Z1SVUK) | |
| WATER (UNII: 059QF0KO0R) | |
| BLACK PEPPER OIL (UNII: U17J84S19Z) | |
| LAVENDER OIL (UNII: ZBP1YXW0H8) | |
| MAGNESIUM CHLORIDE (UNII: 02F3473H90) | |
| MENAQUINONE-7 (UNII: 8427BML8NY) | |
| CAPRYLIC/CAPRIC/LAURIC TRIGLYCERIDE (UNII: FJ1H6M2JG9) | |
| FRANKINCENSE OIL (UNII: 67ZYA5T02K) | |
| GAULTHERIA PROCUMBENS (WINTERGREEN) LEAF OIL (UNII: LAV5U5022Y) | |

Packaging

| # | Item Code | Package Description | Marketing Start Date | Marketing End Date |
|---|------------------|---|----------------------|--------------------|
| 1 | NDC:70708-834-02 | 1 in 1 CARTON | 09/01/2025 | |
| 1 | | 59 mL in 1 BOTTLE, SPRAY; Type 0: Not a Combination Product | | |

Marketing Information

| Marketing Category | Application Number or Monograph Citation | Marketing Start Date | Marketing End Date |
|--------------------|--|----------------------|--------------------|
| OTC Monograph Drug | M017 | 09/01/2025 | |

Labeler - GURUNANDA, LLC (079671169)

Revised: 1/2026

GURUNANDA, LLC