

Austral-Balm is an all natural blend of exotic and Australian oils. It is a natural alternative to oral anti-inflammatory drugs in the treatment of arthritic conditions or sports injuries. It can be used before, during or after training for prevention or treatment of injuries. Austral-Balm massages readily and penetrates quickly.

### Ingredients

Austral-Balm contains oil of wintergreen, a natural aspirin like compound which, because it is applied externally, is less likely to cause the stomach irritation associated with oral anti-inflammatories. Austral-Balm also contains emu oil, which has demonstrated potent anti-inflammatory action in recent studies. There is a large variation in emu oil potency according to supplier and Nutri-Pharm has obtained one of the most potent Emu oil supplies available as determined by independent testing. Emu oil is also a penetration enhancer, allowing Austral-Balm its maximum penetration to injured joints and tissues.

Austral-Balm contains the soothing essential oils peppermint and lemon, and also the potent anti-fungal and anti-bacterial tea tree oil.

### Uses

Austral-Balm may be used for the temporary relief of arthritic or rheumatic pain and for the relief of muscular aches, pains, cramps, spasms and for relief of sciatic pain. Austral-Balm may be used in the treatment and prevention of sporting injuries – see sports use.

### Directions and Dosage

Apply Austral-Balm directly to the affected area by inverting the bottle and allowing the drops to emerge. When the required number of drops have been applied, gently massage in. The required number of drops vary according to the area to be treated. Use the following as a guide.

Wrist	4 drops	Ankle	5 drops	Elbow	5 drops
Knee	7 drops	Neck	8 drops	Shoulders	10 drops
Upper Leg	10 drops	Upper Arm	8 drops	Back	12 drops
Lower Leg	8 drops	Lower Arm	6 drops		

Adjust the number of drops to your own specific needs. A gentle warming effect should occur within about 1 minute of application. If the Austral-Balm is uncomfortably warm, reduce the number of drops for your next application. For children 6 to 12 years use approximately half of the above dosages. For children 2 to 6 years use approximately a quarter of the above dosages.

Austral-Balm is not recommended for children under 2 years without medical advice.

Apply once or twice daily for arthritis or chronic (long term) injuries and up to four times daily for acute injuries.

### Sports Use

**Competition Compliance** - Austral-Balm contains NO anabolic compounds, NO stimulants or caffeine, and NO growth hormone or any other substances banned by the Australian Sports Drug Agency or the IOC. Austral-Balm is listed with the Australian Therapeutic Goods Administration and may be freely used during local and international competition.

### Chronic Injuries or Injury Prevention

Apply once or twice daily. Apply half an hour before training or competition. If taping a joint where Austral-balm has been applied, remove any excess Austral-Balm with a cloth before using the tape.

If using as a post-training or competition rub down, warm down exercises and a shower are recommended first.



### Acute Injuries

After the injury is appropriately examined, Austral-Balm may be gently applied to the area. The area may then be treated with traditional "RICE" treatment i.e. rest, ice, compression and elevation. Austral-Balm may be used with bandaging, although occlusive (waterproof) bandaging is not recommended.

Austral-Balm is not recommended on broken skin or open wounds.

### Side Effects and Cautions

Austral-Balm is well tolerated. Excessive warming of the skin may occur, so avoid applying to heated skin or directly after rigorous exercise. Rashes or skin irritation may occur, if so, cease using. Keep out of reach of children. For external use only. If swallowed do not induce vomiting. Give a glass of water. If poisoning occurs get to a doctor or hospital quickly.

Austral-Balm is a concentrated liniment. Do not use more than 100 drops at one time or more than 200 drops per day. Consult your doctor if you are currently taking anti-coagulant (blood thinning) medication before using Austral-Balm.

### Use in Pregnancy

Austral-Balm contains wintergreen oil, which has an aspirin-like compound (methyl salicylate) which is not recommended in the last 3 months of pregnancy. Austral-Balm may be used in the first 6 months of pregnancy.

### Use in Breast Feeding

Austral-Balm is not recommended for nursing mothers, particularly when used in large quantities.

### Use in Children

Because of its aspirin-like methyl salicylate compound, Austral-Balm is not recommended in children under 2 years without medical advice.

### Arthritis

Austral-Balm may be used regularly to treat arthritic symptoms. A number of arthritis sufferers have successfully used Austral-Balm to replace or reduce their oral arthritis medication. Consult your doctor for advice on changing your usual medication. Arthritis is a complex family of diseases, but a lot of new information is emerging that can assist you in treating your condition.

#### Increase:

Unprocessed foods, whole grain cereals, vegetables, fruit, fish, fish oil, flax seed, evening primrose oil, antioxidants such as Vitamin C, Vitamin E, herbs such as ginger and turmeric. Increase exercise such as swimming.

#### Decrease:

Processed foods, white breads, cakes, processed cereals, milk and cheese, red meats, potatoes, tomatoes, oranges, fatty foods and sweets. Decrease thinking that medication is the only treatment.

### Pack

25ml/0.85 US fl.oz Dropper Bottle

### Storage

Store below 25°C/77°F. Keep out of reach of children.

### Further Information

If you would like further information with regard to a specific query or to provide any comments, please do not hesitate to email us at [info@nutripharm.net](mailto:info@nutripharm.net)



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