

Myopax Soothing Balm is a blend of natural therapeutic oils for the temporary relief of muscular pain, period and crampy pain, and for the soothing of muscle stiffness. Myopax can assist in the treatment of neck and shoulder tension which gives rise to tension headaches. Myopax helps relieve the stiffness, aches and sleep problems associated with fibromyalgia. Myopax also aids in relieving the stiffness and pain associated with ankylosing spondylitis.

Myopax contains highly purified lavender oil 127mg/g, rosemary oil 32mg/g and other essential oils including myrrh and peppermint. Myopax also contains high quality emu oil and vitamin E, in an easily massaged pleasant clear base.

New evidence points to the therapeutics of the natural oils in Myopax. Lavender oil's muscle relaxing effects have been shown in recent studies^{1,2} and its traditional relaxing and calming effects have been supported by new research³. Rosemary oil relaxes smooth muscle, and one of its key ingredients, Rosmarinic acid (which is absorbed through the skin) has been shown to reduce the number of pain and inflammation mediators in humans⁴. In addition, new findings support the effectiveness of emu oil, for centuries used by Australian Aboriginals in the treatment of many diseases and injuries. New testing points at emu oil's powerful anti-inflammatory action^{5,6}.

Precautions

Myopax contains essential oils such as Lavender, Rosemary, Myrrh, Peppermint, Eucalyptus and Lemon. Do not use Myopax if you are allergic to any of these oils. To minimise any allergic response, use a small test application when using Myopax for the first time. Proceed with full application if no irritation or rash occurs with the test application.

Rosemary oil is not recommended in early pregnancy, so do not use Myopax during the first 4 months of pregnancy. Myopax is not recommended for children under 1 year of age without medical advice. Myopax is for external use only. Avoid applying near eyes, genitals, or wounds.

Drowsiness may occur following larger applications of Myopax. If affected do not drive motor vehicles or operate machinery.

Use in Pregnancy

Do not use more than 100 drops of Myopax per application or more than 200 drops per day.

Use in Breast Feeding

Myopax may be used by breast feeding mothers.

Using Myopax

Myopax may be applied directly to the affected area and gently massage in. Usually 10 to 20 drops are sufficient in most cases. Alternatively, Myopax may be added to a warm bath. Generally 4 to 5 drops are sufficient for use in a bath.

Myopax may be applied two to three times daily.

- ◆ Muscular aches – apply 5 to 20 drops two to three times daily.
- ◆ Period pain – apply 10 to 20 drops to lower back and/or lower abdomen two to three times daily.
- ◆ Ankylosing Spondylitis – use in bath is recommended to help reduce early morning stiffness.
- ◆ Neck Tension headache – apply 5 to 10 drops to the neck and shoulder area and massage in. Gently loosen and relax tight neck muscles.



- ◆ Fibromyalgia – massage at bedtime to help sleep. Morning bath recommended to help morning stiffness.

Patient Notes

Ongoing or chronic painful conditions should be regularly reviewed by a doctor. Myopax is designed so that it can be used in combination with oral pain relievers. Discuss any combined therapy with your doctor as required to better develop a treatment plan for your condition.

Myopax is generally well tolerated. Occasionally a rash or skin irritation may develop, if so, discontinue use. Drowsiness may occur following application of larger doses of Myopax.

Pack

15ml/0.51 US fl.oz Dropper Bottle

Storage

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

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¹ Ethnopharmacological Evaluation of the Anti-convulsant, Sedative and Anti-spasmodic Activities of Lavandula stoechas L., Gilani A. H., et al., Ethnopharmacol 2000, Jul; 71 (1-2): pages 161-7.

² A Preliminary Study of the Effect of Essential Oils on Skeletal and Smooth Muscle in Vitro., Lis-Balchin M., Hart S., Ethnopharmacol 1997, Nov; 58 (3): pages 183-7.

³ Studies on the Mode of Action of the Essential Oil of Lavender (Lavandula angustifolia P. Miller)., Lis-Balchin M., Hart S., Phytother Res, 1999, Sep; 13 (6): pages 540-2.

⁴ Pharmacology of Rosemary (Rosmarinus officinalis Linn.) and its Therapeutic Potentials., al-Sereiti M. R., Abu-Amer K. M., Sen P., Indian J. Exp Biol, 1999, Feb; 37 (2): pages 124-30.

⁵ Emu Oil(s): A Source of Non-toxic Transdermal Anti-inflammatory Agents in Aboriginal Medicine, M. W. Whitehouse, et al., Inflammopharmacology, 1998; 6: pages 1-8.

⁶ Emu Oil, Its Anti-inflammatory Properties: A Report for the Rural Industries Research and Development Corporation (Australia), J. M. Snowden, et al., October 1999.

