



## Foot & Leg Comfort

**2 oz.** #PR-125

**8 oz.** #PR-126

If you are a diabetic or have diabetes in your family, then you have a greater risk of developing skin problems on your feet. If you are not a diabetic, you still only have two feet to carry you around for the rest of your life. Dry skin can cause your feet to crack. If bacteria get in, it could lead to infection. Take care of your feet and legs and they will take care of you.

Foot and Leg Comfort by Blue Spring is a unique combination of Emu Oil, MSM, Menthol (peppermint) and 9 natural herbs: Arnica, Nettle, Willow Bark, Witch Hazel, Cornflower, Feverfew, Marigold, Linden Flower and Capsicum. This exclusive blend is combined with Whole Leaf Aloe Vera to produce the following beneficial results for the comfort and health of your feet and legs.

- Invigorates and stimulates circulation
- Hydrates skin
- Deeply soothes, softens and moisturizes
- Eases muscle stiffness and soreness
- Deodorizes naturally
- Stimulates blood flow
- Cools tired, hot feet and legs
- Shortens the recovery period from stresses

The positive qualities of Foot and Leg Comfort by Blue Spring are:

- Non-oily
- Absorbs deeply and quickly
- Pleasant mild fragrance of fresh peaches and light mint
- Convenient 2 ounce and 8 ounce size
- Enjoyed by men and women
- Safe for diabetics
- Works in minutes
- Anti-fungal and Anti-bacterial

**Directions for use:** Apply a generous but thin coat to clean dry feet and legs. Massage thoroughly to feel instant revitalization and refreshment.

### Tips for best use:

- Apply before and after stress is placed on feet and legs
- Apply anytime for quick soothing and relief

This product is for external use only.

**Product Ingredients:** Water, Emu Oil, Aloe Barbadensis Leaf Extract, Menthol, Sodium Lauryl Sulfate, Methylsulfonylmethane (MSM), Triethanolamine, Extracts of: (Arnica Montana Flower, Urtica Dioica, Hamamelis Virginiana (Witch Hazel), Salix Alba (Willow) Bark, Centaurea Cyanus Flower, Chrysanthemum Parthenium (Feverfew), Tilia Cordata Flower, Calendula Officinalis Flower), Fragrance, Coriandrum Sativum (Coriander) Seed Oil, Capsicum Annuum Resin, Polyglyceryl-3 Caprylate, Ascorbyl Palmitate, Carbomer, Sorbitol, Methylparaben, Propylparaben, Diazolidinyl Urea, FD&C Blue No. 1

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### Water

**Emu Oil** - Emu oil reduces the visible signs of aging. Emu oil has many soothing health benefits including: rich in Essential Fatty Acids (EFA's) Omega 3, 6, 9; contains a high amount of Omega 6 (Linoleic Acid) which is known to ease the discomfort of muscle and joint pain; allows the EFA's to penetrate the layers of the skin down to a level that starts new cell growth; absorbs deeply and quickly into the skin; keeps skin moisturized and prevents dry and aging skin; help improve the appearance of wrinkles, stretch marks, burns, scars and damaged skin; increases oxygen to increase local blood flow where it is applied. This additional blood flow accelerates the healing process.

**Aloe Barbadensis Leaf Extract** - Aloe Vera is used externally to treat various skin conditions such as cuts, burns and eczema. It is commonly believed that sap from Aloe vera eases pain and reduces inflammation. A study performed in the 1990s showed that the healing of a moderate to severe burn was sped up by six days when covering the wound on a regular basis with aloe vera gel, compared to the healing of the wound covered in a gauze bandage (Farrar, 2005).

**Menthol** - A natural, topically applied, analgesic pain reliever derived from the peppermint plant. Menthol, when applied at certain levels, is approved as a pain reliever by the FDA. Menthol has a cooling sensation and a slight peppermint fragrance.

**Sodium Lauryl Sulfate** - naturally derived from coconut oil. SLS has a long history of safe use in personal care products. It is used to properly distribute the ingredients throughout the formula.

**Methylsulfonylmethane (MSM)** - MSM is composed of 34% bio-available sulfur, making it the richest source of organic sulfur available. MSM is a safe, natural, assimilable food, which assists the body in maintaining adequate sulfur stores. MSM may support the body in regulating insulin production, improving skin smoothness and elasticity, regulating environmental and allergic sensitivities, enhancing bowel function and liver detoxification, and enhancing respiratory function.

**Triethanolamine** - This ingredient is an organic chemical compound used as a pH balancer.

**Arnica Montana Flower** - Arnica is a perennial herb that grows wild in the woods and mountain pastures of Central Europe. It has been used in Europe for hundreds of years for the reduction of bruising and swelling and to shorten the recovery period after physical trauma. It is used externally and best known for helping the body recover from the stresses of trauma, bruises, stiffness and muscle soreness.

**Urtica Dioica (Stinging Nettle)** - In the United States many remarkable healing properties are attributed to nettle and the leaf is utilized for different problems than the root. The leaf is used here as a diuretic, for arthritis, prostatitis, rheumatism, rheumatoid arthritis, high blood pressure and allergic rhinitis. The root is recommended as a diuretic, for relief of benign prostatic hyperplasia (BPH) and other prostate problems, and as a natural remedy to treat or prevent baldness. Hamamelis Virginiana (Witch Hazel) -

**Salix Alba (Willow) Bark** - Willow bark is from a tree native to Europe and Yugoslavia. Willow has been used for centuries to ease discomfort associated with the joints, muscles and inflammation. The bark is best known for its pain-relieving and fever-reducing qualities. In the early 19th century, a French chemist took the principal active ingredient from Willow Bark, and named it salicin. At the end of the century a chemist at the Bayer Company in Germany used salicin to develop the world's most used medication. It is called aspirin, or acetyl-salicylic acid. Many well-known drugs come from this plant compound. Recently, pain sufferers are returning to the natural sources of salicin to avoid the potentially dangerous side effects of synthetic aspirin.

**Centaurea Cyanus Flower** - The Cornflower, with star like blossoms of brilliant blue, is a wildflower. It is fairly common in cultivated fields and by roadsides. The flowers are the part used in modern herbal medicine and are considered to have characteristics that are tonic, which means invigorating or stimulating

**Chrysanthemum Parthenium (Feverfew)** - Feverfew is an herb, which was original to Europe but is now grown on several continents. Greek and European Herbalists historically used it to reduce fevers. Its long history in traditional medicine includes use as a treatment for what is usually controlled by aspirin. It is known as an effective treatment for migraine headaches, inflammations such as arthritis and for treating insect bites. It is the combination of ingredients in the feverfew

plant that brings such effective results. Clinical tests have shown the use of feverfew may reduce frequency and severity of headaches. It may be more effective than other nonsteroidal anti-inflammatory products (NSAIDS), like aspirin.

**Tilia Cordata Flower (Linden Flower or Lime Tree)** - Linden is an herb, which is derived from the lime tree and has been used in European traditional medicine for centuries. It is known to treat a wide range of health problems. The flowers are often added to baths. The active ingredient in Linden helps the body to promote sweating which is helpful to fevers.

**Calendula Officinalis Flower** - The Common Marigold with its orange gold flower is familiar to most people. It was well known to the old herbalists as a garden-flower and for use in cooking and medicine. The COUNTRY FARMER as early as 1699 mentions the Marigold as a specific treatment for headache, jaundice, red eyes, toothache and ague. (Ague is an old term for fever.) Marigold is thought to act as a stimulant by temporarily increasing vital processes. In addition it helps the body to promote sweating which is helpful to fevers. The Marigold flower has historically been rubbed on affected areas as a remedy for pain, sprain and swelling. Interesting fact: the yellow flowers were at one time used to give cheese a yellow color

**Coriandrum Sativum (Coriander) Seed Oil** - Coriander, also called cilantro in North America, is an herb. Coriander is used for: easing arthritis pain because of its powerful anti inflammatory\* characteristics; rheumatism (medical problems affecting the heart, bones, joints, kidney, skin and lung); painful joints; neuralgia (a painful disorder of the nerves); relieving migraine headaches; relaxes and soothes the nervous system; to keep bacteria from growing; a natural deodorizer. \*Inflammation is a reaction of the tissue of the body to irritation, injury or infection. Inflammation often causes pain, redness, and swelling.

**Capsicum Annuum Resin** - Cayenne helps other herbs work better by making them more effective and more active. It stimulates blood flow and helps carry other medicines to where action is needed.

**Ascorbyl Palmitate** - Ascorbyl palmitate is an ester (organic compound) formed from Vitamin C (ascorbic acid) and palmitic acid (an essential fatty acid found in animals and plants and used as an antioxidant). Ascorbyl Palmitate is a source of Vitamin C and is an antioxidant.

**Inactive Ingredients:** Polyglyceryl-3 Caprylate, Sorbitol, Methylparaben, Diazolidinyl Urea, Carbomer, Fragrance, FD&C Blue No. 1