



## Super White Stuff OTC

#PR-231 - 1 oz. Jar

#PR-288 - 4.4 oz. Jar

#PR-289 - 12 oz Bottle

**Natural pain relief is at your fingertips! Super White Stuff OTC is made from natural ingredients. No dyes, no fragrance and no parabens!**

If you have sensitive skin, Super White Stuff OTC is for you. It's natural blend, including 11 therapeutic herbs will give you the pain relief you need without the added dyes and fragrances of so many others. You'll love what Super White Stuff OTC has to offer:

- A mild and pleasant fragrance of natural peppermint, appealing to both men and women. The natural scent vanishes quickly leaving you with fast pain relief.
- **No parabens** are used in Super White Stuff OTC, instead **BLUESPRING** uses all natural preservatives. Studies have shown that parabens can disrupt hormone balance and possibly have a link to breast cancer
- Naturally attractive in color with no added artificial dyes.
- Absorbs quickly and completely into the skin, leaving no sticky residue.
- Contains no arnica, which can cause a burning sensation on sensitive skin.
- Super White Stuff OTC has a balanced amount of menthol. Too much menthol can cause a burning feeling.
- Applied topically, Super White Stuff OTC does not have the dangerous side effects of oral pain medications.
- Our patented formula contains a unique and proprietary blend of 27 natural ingredients, including 11 herbs. Super White Stuff OTC contains ingredients that have been clinically shown to decrease inflammation and enhance the healing process, not just mask symptoms.
- Choose from several sizes and applications. There's one to fit your needs.
- Registered with the FDA as an over the counter topical pain reliever.
- Manufactured by **BLUESPRING**. We stand behind the effectiveness and results of Super White Stuff OTC with our 60-day money back guarantee.

### Super White Stuff OTC Natural Pain Relief provides immediate relief from:

- |                         |                       |             |
|-------------------------|-----------------------|-------------|
| • Arthritis             | • Joint Pain          | • Backaches |
| • Myalgia (Muscle Pain) | • Sprains and Strains | • Bruises   |
| • Neck pain             | • Head pain           |             |

Super White Stuff OTC relaxes and soothes of the muscles. It's great to use before exercise to prepare muscles for your workout. And after the workout it can help alleviate any pain you may experience from overuse.

### Super White Stuff OTC contains several therapeutic ingredients including Whole Leaf Aloe Vera, Emu Oil, Glucosamine, Grape Seed Oil Extract, MSM (MethylSulfonylMethane) and Vitamin E Tocopherol.

These ingredients have been used over the centuries in healing. European, Native American and Eastern cultures records have shown medicines with these ingredients help with:

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|--|---|
| • Easing the pain and scarring of burns        | • Ease of pain and inflammation   |
| • Ease the discomfort of muscle and joint pain | • Improve the appearance scars and damaged skin                           |
| • Relieve the pain and itching of eczema       | • Increase oxygen and local blood flow to accelerate the healing process. |
| • Relieve the pain of arthritis                | • Slow down progression of osteoarthritis                                 |
| • Aid in rehabilitation of cartilage           | • Reduce swelling and edema   |
| • Inflammation                                 | • Improve peripheral circulation  |
| • Promote tissue elasticity                    | • Maintain joint health   |
| • Help speed the healing of bruises            | • Building healthy connective tissues such as joint cartilage             |
| • Maintaining normal range of motion           |   |

### **Super White Stuff OTC contains 11 therapeutic herbs:**

- Menthol from natural peppermint
- Cornflower or Bluebottle
- Lime Tree Flower (Linden)
- Willow Bark
- Marigold (Calendula) Flower
- Feverfew
- Nettle
- Witch Hazel
- Coriander Seed Oil
- German Chamomile
- Roman Chamomile

Herbalists have used these therapeutic herbs as early as 5000 BC. Records show their use in:

- Relief of Headaches and Migraine Headaches
- Powerful anti inflammatory characteristics
- Neuralgia (painful disorder of nerves)
- Arthritis
- Counter irritation
- Remedies for sprain and swelling
- Relief of painful joints
- Insect bites
- Promotion of sweating to help fevers
- Treating bruises

Some of these herbs in their natural form are believed to be more effective and safe than aspirin. The positive effects of Super White Stuff OTC Natural Pain Relief are:

- Absorbs deeply and quickly into skin leaving no sticky or greasy residue
- Applied topically, it's much safer than pills
- Safe to use with other medications, including prescriptions

What is OTC? OTC means over-the-counter drug. The active ingredient in Super White Stuff OTC is menthol, which is derived naturally from the peppermint plant. Topically applied, at the correct level, it is an analgesic pain reliever.

**BLUESPRING** is very exacting in the amount it uses, because too much menthol can cause an unpleasant burning sensation. The level of menthol in Super White Stuff OTC qualifies it with the FDA as an over-the-counter drug, but **BLUESPRING** makes sure the level is not too high as to cause an unpleasant burning effects. Instead you'll find the menthol has a slightly cooling feel.

**Directions for use to achieve pain relief:** Adults and children over 2: Apply in a light, thin coat to areas in need of pain relief, not more than 4 times daily. Consult a doctor before using on children under 12 with arthritis and all children under 2 in need of pain relief.

### **Tips for best pain relief results:**

- Apply thin coats more frequently instead of a large amount at one time
- Super White Stuff OTC usually gives pain relief within just a few minutes. If you don't get relief from your pain within 5 minutes, you should reapply
- Apply before activity to warm and relax muscles
- For a joint, such as a knee, elbow, or wrist, apply Super White Stuff OTC all the way around the joint, and at least one or two inches above and below the joint to insure full coverage
- For hands or feet, cover the area with Super White Stuff OTC, up to the wrist or ankle for full coverage
- For larger areas, such as the lower back, apply Super White Stuff OTC in a circular motion over the entire affected area

**Active Ingredient:** Menthol, USP 1.4%. Purpose: topical analgesic

**Inactive Ingredients:** Aloe Barbadensis (Whole Leaf Aloe Vera), Ascorbyl Palmitate, Calendula (Marigold) Extract, Carbomer, Coriander Oil, Cornflower (Bluebottle) Extract, Disodium EDTA, Emu Oil, Feverfew Extract, German Chamomile Extract, Glucosamine, Grape Seed Extract, Limetree Extract (Linden), MethylSulfonyl Methane (MSM), Nettle Extract, Roman Chamomile Extract, Sodium Cocoyl Isethionate, Sodium Hyaluronate, Sodium Hydroxide, Sorbitol, 2-Phenoxyethanol, Purified Water, Vitamin E, Willow Bark Extract, Witch Hazel Extract

## Super White Stuff OTC

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**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.

**Aloe Barbadosis 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).

**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.

**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.

**Cornflower (Bluebottle) Extract** - 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.

**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.

**Feverfew Extract** - 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.

**German Chamomile Extract** - German Chamomile is an annual plant of the sunflower family originally grown in Europe. It has also been used for hundreds of years because of its perceived skin healing properties. German Chamomile is known to have anti-irritant, anti-inflammatory and anti-bacterial qualities.

**Glucosamine** - has been proven in numerous double blind, placebo-controlled studies to ease the pain of arthritis. Glucosamine has also been shown to aid in the rehabilitation of cartilage and slow down the progression of osteoarthritis. All forms of Glucosamine originate from Shellfish.

**Grape Seed Extract** - Considered one of the best natural sources of antioxidant protection. It is especially beneficial for cardiovascular health; it fights free radicals and gives antioxidant protection to the entire body. It is anti-inflammatory, antihistamine and antiallergenic. It is also a free radical scavenger. Grape seed extract has been known to help Vitamin

C enter the cells and to treat deteriorating diseases and conditions with great success. It is also known to be successful at: Strengthening and supporting the cardiovascular system; strengthening weak blood vessels; promoting tissue elasticity healing injuries; reducing swelling and edema; promoting tissue elasticity; restoring collagen; improving peripheral circulation; preventing bruising; improving the performance of immune and nervous systems.

**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.

**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.

**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) -

**Roman Chamomile Extract** - Roman Chamomile is an herb known for its anti-inflammatory properties.

**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.

**With Hazel Extract** - A deciduous shrub or small tree found in North America. It has exceptional soothing, cleansing and healing properties. The extract from the bark and leaves is used in therapeutic medicine and in treating bruises. The word witch comes from the Old English meaning pliant or bendable.

**Vitamin E (Tocopherol)** - Tocopherol, or vitamin E, is a fat-soluble vitamin that is an important antioxidant. Vitamin E is often used because it is commonly believed to play a role in encouraging skin healing and reducing scarring after injuries such as burns.

## **Purified Water**

**Sodium Cocoyl Isethionate (bean derived)** - This fatty acid derived from a bean is an excellent ingredient in mild and biodegradable products. What it basically does is make water wetter, and allows the product to spread easier. It is totally friendly to the environment thus improving the product in several natural ways.

**Sodium Hyaluronate** - This is a mixture that is made up mostly of natural and purified sodium. It is similar to a substance that occurs naturally in the joints and that acts as a lubricant and shock absorber.

**Sodium Hydroxide** - Also known as caustic soda. This ingredient is used to neutralize acid and control the PH of the product.

**Sorbitol** - Sorbitol comes from fruit and berries. It is used to dissolve oil into water.

**2-Phenoxyethanol** - This is an organic compound that has the consistency of an oily liquid and is used to prevent bacteria.

**Disodium EDTA** - This is a sodium salt, which is used as a preservative.

**Carbomer** - Carbomer is a trade name that is used as a thickening agent.