Alleviate™
A Refreshing Sports Cream

Description
After exercise or physical activity, you feel it: Soothe your hard-working body with Alleviate, a fast-acting, refreshing sports cream that makes you feel loose and flexible.

Alleviate is a massage cream for topical application before or after exercise. Prior to exercise, Alleviate can help you feel invigorated; after exercise, an Alleviate massage can give a soothing feeling and relax you. It sends a cooling sensation into you that will help you feel reinvigorated, especially after physical exertion.

Benefits
- Absorbs fast and begins to soothe
- Makes you feel loose and flexible
- Promotes flexibility and helps with stiffness
- Gives you soothing, cooling sensation
- Relaxes and refreshes

Key Ingredients
- **Capsicum Extract**—also known as cayenne pepper, provides an intense sensation that soothes skin after exertion and refreshes you prior to activity.
- **White Willow Bark Extract**—one of nature’s richest sources of salicilate, which helps you feel flexible, soothed, and relaxed.
- **Methylsulfonylmethane (MSM)**—this is a naturally occurring, sulfur-containing ingredient that supports the skin after exertion.
- **Arnica Extract**—the beautiful yellow flower head of Arnica montana contains sesquiterpenoid lactones that soothe and promote flexibility.
(Key ingredients continued)

- **Ginseng Extract**—One of the most recognizable herbs used in ancient Asian traditions of healing, ginseng (Panax ginseng) has shown the ability to help you feel loose and flexible.
- **β-Glucan Complex**—Helps you feel relaxed and loose.
- **Lysine Aspartate**—Loosens and gives feeling of relaxation.
- **Menthol and Peppermint Oil**—Provides a fresh, mint aroma while creating an exhilarating, cool effect that refreshes.

**Source Citations**


