

PR²⁶ Natural Ingredients

Arnica Montana

Arnica for an athlete is like an off switch for pain and inflammation.

Magnesium Oil

Athletes need high quality magnesium right where it can be effective - in your muscles. Not only is it essential for movement, but it also repairs your damaged cells.

Turmeric Root Extract

Switches off some of the inflammatory pathways in your muscles, while vacuuming up the free radicals that would otherwise be doing damage.

Wintergreen Oil

It's been scientifically proven to be a pain reliever, as well as lower inflammation. And it also helps improve blood flow.

Boswellia Carterii

This is a wonder herb that blocks the transmission of inflammatory enzymes that are known to cause sports injuries and Arthritis.

Willow Bark

Nature's aspirin. It's been found to reduce pain, inflammation, and even the swelling you get around injuries.

MSM (Methylsulfonylmethane)

MSM has long been used by athletes because of its anti-inflammatory and antioxidant effects.

Aloe Vera

Supports muscle health and recovery - in fact that's exactly what they used it for in ancient Egypt 2000 years ago.

Nutmeg Oil

Nutmeg Oil contains Monoterpenes, Phenolics and other nutrients. They combine to make it naturally very effective as an anti-inflammatory agent.

Helichrysum italicum (Immortelle)

Studies have shown this oil is rich in the kind of flavonoids that block inflammatory pathways in your muscles and joints.

Roman Chamomile

Great for your inflammation and reducing muscle spasms.

German Chamomile

Can lower swelling, joint pain, and reduce your muscle tissue irritation.

Emu Oil

Delivers anti-inflammatory omega fatty acids directly into your muscles and joints while enhancing absorption of other ingredients.

Centaura Cynus

Known to increase blood flow. Also has anti-inflammatory and soothing properties.

Lavender Oil

Provides calming relief from muscle tension and nerve discomfort while aiding minor wound healing and reducing stress-related inflammation.

Jasmine Extract

Eases nerve-related aches and supports your recovery through parasympathetic nervous system activation.

Cypress Fruit Extract

Astringent and circulatory stimulant that helps reduce your post-exercise swelling, muscle fatigue, and fluid retention.

Marjoram

A natural antispasmodic that relieves your muscle cramps and promotes relaxation of your overworked muscle fibers.

Rosemary

Increases your blood flow and reduces inflammation, accelerating muscle repair and flushing out metabolic waste from exercise.

St. John's Wort

Modulates nerve-related inflammation and helps ease musculoskeletal pain, especially in your ligaments and bruised tissues.

Witch Hazel

A fast-acting astringent that reduces localized swelling, cools inflammation, and calms irritated or overstressed tissues.

Calendula

Supports tissue regeneration and reduces inflammation, making it ideal for speeding your recovery from skin abrasions and minor muscle strains.

Tilia Cordata

Calms overactive nerves and relieves tension-related muscle aches with mild anti-inflammatory and sedative effects.

Coriander Fruit Oil

Delivers anti-inflammatory and antispasmodic action to ease deep tissue stiffness and support your muscle relaxation.

Hyaluronic Acid

Promotes tissue hydration and elasticity, aiding in recovery of your connective tissues and enhancing delivery of active ingredients.

Yarrow

Potent anti-inflammatory and circulatory booster traditionally used to treat bruises, joint pain, and your slow-healing injuries.



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