

## EXERCISE GEL

Solutions4 Exercise Gel applied before exercise, improves pre-exercise stretching and encourages mobility and circulation throughout a workout. The ingredients in Solutions4 Exercise Gel are scientifically formulated to cause the blood to flow more quickly and evenly into the connective tissues. Circulation helps the body's waste disposal system to more efficiently expel toxic waste and fluid, sculpting and toning vulnerable cellulite areas. Exercise Gel is also used for sore muscles, fibromyalgia, arthritis, and aching joints, to encourage a more productive and comfortable exercise session. Natural herbal extracts are safe for all skin types and can be used with any kind of exercise, including meditation and yoga.

**Helps to:**

- Keep muscles warm and moveable
- Increase circulation
- Expel toxic waste and fluid

**Suggested Use:** Apply Exercise Gel to the problem areas of the body, any sore muscles or joints, or anywhere that the patient wishes to reduce tissue toxins. It can be used up to three times daily with or without exercise for improved circulation and mobility.

**Sizes Available:** 8 fluid ounces & quart

**Shelf Life:** 1 year

**Ingredients:**

**ALOE VERA** - A botanical extract which helps to calm, heal and soothe the skin. It is also considered natures anti-biotic, working as an antibacterial, anti-inflammatory, and as an anti-fungal.

**BLADDERWRACK EXTRACT** - Works on the glandular system.

**ALLANTOIN** - A natural botanical extract which heals and soothes the skin while working to calm irritation and stimulate new tissue growth.

**NIACIN** - Increases circulation by dilating blood vessels while increasing lymphatic flow which assists in removing toxins from connective tissue.

