Extra-Strength Pain-A-Trate®
Relieves minor muscle aches, pains, and cramps—naturally.

The Need
Everyone experiences minor aches, strains, and sprains.

Competitive Solutions
Original Bengay® and Icy Hot® warm the skin but don’t include pain-relieving ingredients like camphor or soothing ingredients like T36-C5 Melaleuca Oil.

The Melaleuca Solution
Extra-Strength Pain-A-Trate is a combination of methyl salicylate, menthol, and camphor for penetrating and soothing relief of minor muscle pain, stiffness, cramps, and more.

The Melaleuca Value
Extra-Strength Pain-A-Trate is a powerful pain-relieving ointment.

Daily Life Means Minor Pain
More people than ever are exercising regularly—and that means more backaches, stiff muscles, and sore joints. According to a survey, 65 percent of runners have a running-related injury in an average year and they miss 5–10 percent of their workouts due to muscle pain.¹ The American Journal of Sports Medicine reports that 21 percent of walkers are afflicted with minor muscle pain.²

Spending time in the gym, on the court, or on the track isn’t the only cause of muscle pain. “Weekend warriors” performing home improvement projects and yard work have also increased dramatically over the years—and unfortunately so have the number of minor strains, sprains, and aches.

And according to the National Institute of Neurological Disorders and Stroke, Americans spend at least $50 billion each year on lower back pain. It’s the most common cause of job-related disability and a leading contributor to missed work. Back pain is the second most common neurological ailment in the U.S.—only headaches are more common.

Symptoms may range from a dull muscle ache to shooting or stabbing pain, limited flexibility, or restricted range of motion. Occasionally, pain felt in one part of the body may “radiate” from an injury elsewhere in the body.

However, not being active can also cause minor muscle problems. People who are in poor physical condition, who are obese, or who have inappropriate posture can also incur muscle aches.

Pain-A-Trate’s Extra-Soothing, Extra-Effective Formula
When achy shoulders, overworked arms, and throbbing knees cry out for attention, forget greasy, sticky grocery store ointments like original Bengay® and Icy Hot®. Sure, they may
have a couple of pain relieving ingredients, but they don’t have the 4-in-1 formula of Pain-A-Trate. (See chart at left.) Extra-Strength Pain-A-Trate, complete with 6 times more camphor, 3 times more menthol, and 1 1/2 times more methyl salicylate than the original Pain-A-Trate formula, delivers maximum relief from minor muscle pain, stiffness, cramps, and more. Plus, Pain-A-Trate includes a soothing touch of T36-C5® Melaleuca Oil.

**Methyl Salicylate**

Pain-A-Trate contains methyl salicylate. This active ingredient is a U.S. Pharmacopeia-approved pain reliever. Methyl salicylate helps increase blood circulation to muscles for a pleasant, deep-heating sensation.

**Menthol**

Pain-A-Trate has menthol which causes a tingling, cooling sensation followed by soothing warmth. This topical analgesic comes from the leaves of the Mentha arvensis plant that yields the essential oil.

**Camphor**

Pain-A-Trate has camphor, which numbs pain and increases circulation, so muscles heal more quickly. Camphor oil is regarded as a balancing oil—it can sedate nerves and uplift apathy. It helps with colds, inflammation, muscle pain, rheumatism, sprains, and arthritis.

**T36-C5 Melaleuca Oil**

Only Pain-A-Trate provides the distinctive soothing combination of natural T36-C5 Melaleuca Oil the pain-relieving powers of menthol, camphor, and methyl salicylate.

**Pain-A-Trate Is So Versatile, It Helps Relieve:**

- tense muscles
- arthritis pain
- simple backache
- muscle sprains
- tendonitis
- neck pain
- shoulder pain
- knee and leg pain
- muscle strains
- bruises

Pain-A-Trate handles all these complaints—plus much more!

**Rub In Pain-A-Trate…and Rub Away Pain**

Sports medicine experts recommend massage for muscle soreness because it increases circulation, relaxes muscles, and speeds healing. Add the tingling, cooling power of Pain-A-Trate to your massage and feel the difference. Or rub in some Pain-A-Trate before you get active…it will help warm up your muscles so they perform their best.

There’s no reason to endure pain when there’s a simple, effective solution as close as your medicine cabinet or gym bag.
SUPPORTING RESEARCH

Natural. Trusted. Pain Relief.

EXTRA-STRENGTH