

**SAFETY DATA SHEET**Date of issue: 15<sup>th</sup> November 2020

Version: 3CA

**Identification:** *Fisiocrem solugel* – NPN80050932  
For Muscle and Joint Pain



**Normal Use:** A topical gel used to assist the physiotherapeutic treatment of muscle and joint injuries.

**Barcode numbers:** 3g – n/a  
60g – 8 420893 001601  
250g – 8 420893 001618

**Manufacturer:** Casa Pronat S.L. Canadian Distributor  
El Moli de la Calvaria Fisiocrem Canada Ltd  
Calldetenes 08506 Suite 516, 1231 Pacific Blvd Nelson Street  
Barcelona, Spain. Vancouver BC V6Z 0E2  
+34 93 8122447 +1 888 848 9235  
e: [info@fisiocrem.com](mailto:info@fisiocrem.com) e: [peter@fisiocrem.com.au](mailto:peter@fisiocrem.com.au)

<b>Composition:</b>	<i>Arnica montana</i> extracts in vegetable oil	<11%	active
	<i>Calendula officinalis</i> extracts in vegetable oil	<6%	active
	<i>Hypericum perforatum</i> extracts in vegetable oil	<6%	active
	<i>Melaleuca</i> oil Ph.E.U.	<1.2%	active
	Menthol Ph.E.U.	<2%	active
	Pentalyne Glycol Ph.E.U.	<5%	humectant
	Vegetable wax derivatives	<2%	co-emulsifier
	Carbomer/Polymers Ph.E.U.	<0.5%	anti-microbial
	Water Ph.E.U.	q.s. 100%	

**Hazard Identification:** NON-HAZARDOUS  
Ultimately bio-degradable

**Health Effects:** *Acute* Swallowed: Expected to possess a very low degree of acute oral toxicity.  
Eye: May produce minor irritation  
Skin: Expected to be non-toxic by dermal route.  
May produce allergic contact dermatitis in sensitive people.  
Inhaled: Does not present an inhalation hazard  
*Chronic:* None expected.

**First Aid:** Swallowed: Induce vomiting  
Eye: Flush eye with water or standard eyewash solution.  
Seek medical advice should irritation occur and persist.  
Skin: No treatment required  
Inhaled: No treatment required

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**Advice to Doctor:** *Arnica montana* is not listed in the "American Medical Associations Handbook of Poisonous and Injurious Plants"; however it is known by medical herbalists and listed in the "British Herbal Pharmacopoeia" for "Topical Use Only". When the herb is taken internally it may produce cardiovascular excitement. The Arnica extract in *Fisiocrem* is considered to be dilute and is only expected to produce such symptoms following ingestion of quantities greater than 250 ml.

**Spillage:** Clean with warm water and detergent. No special requirements. Product is ultimately bio-degradable.

**Storage and Handling:** No special handling requirements. Normal care during transportation. Store at room temperature below 30<sup>0</sup>C. Product can sustain short periods of time at temperatures up to 50<sup>0</sup>C and down to -10<sup>0</sup>C. Once opened use within 12mths.

**Occupational Health:** *Fisiocrem* is considered non-toxic when used daily by physiotherapists and similar health practitioners. No special protection is required. Occasionally a daily user will experience a local dermatitis that is quickly relieved by discontinuing use for a period of time.

<b>Properties:</b>	Appearance	Off white cream with glossy texture
	Odour	Pungent menthol
	pH	5.00 – 6.00
	Relative density	0.96 – 0.98
	Viscosity	25,000 – 33,000 cps
	Yeasts & moulds	<10 cfu/gm
	Pathogens	absent



**Other Properties:** Non-Flammable, water soluble, cream will fracture at 65<sup>0</sup>C

**Specific Use:** *Fisiocrem* is a topical solution containing herbal active ingredients, including Arnica, which is traditionally used in Herbal Medicine to help relieve pain and inflammation in muscles and joints caused by sprains, strains, bumps and bruises. *fisiocrem* also contains Menthol, which temporarily relieves aches and pains of muscles and joints in cases of simple backache, arthritis, strains and sprains involving muscles, tendons and ligaments.

**Contraindications:** Do not apply to wounds or broken skin. Do not tightly bandage. Do not apply with external heat, such as an electric heating pad, as this may result in excessive skin irritation or skin burn. Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy/Myrtaceae family.

**Cautions & warnings:** For external use only. Rashes and/or burning discomfort and hypersensitivity (eg. allergy) have been known to occur; in which case, discontinue use. If symptoms persist and/or worsen after 7 days or re-occur within a few days, discontinue use and consult a health care practitioner. If you are pregnant or breastfeeding, consult a healthcare practitioner prior to use. Keep out of the reach of children. Avoid contact with eyes and mucous membranes; if contact occurs, rinse thoroughly with water. If overdose or accidental ingestion occurs, call a Poison Control Center immediately. Store at room temperature below 30<sup>0</sup>C. Safety sealed for your protection, do not use if seal broken or missing.

**Disposal:** Empty containers and old product by standard waste disposal methods.