



T-MINT Therapeutic Mint Ointment

1. What is T-MINT Ointment?
T-Mint is an all natural “rub-on” pain relieving topical analgesic ointment, for external use only.

2. What is T-MINT used for?
For the temporary relief of minor aches and pains associated with arthritis, muscular strains and sprains, muscular tension,

backache, bruises, minor cuts, scratches, and muscular cramps and spasms. T-Mint is also used for chest vapor treatments.

3. How is T-MINT used?

T-Mint Ointment may be applied before and/or after activity by massaging into affected areas. Effectiveness may be maximized by the application of moist hot towels or hydrocollator packs. It is recommended that the treated areas always be covered to enhance penetration and to prevent chilling.

4. How is T-MINT Ointment different from other topical analgesics on the market?

T-Mint Ointment is composed of all natural ingredients, lanolin, pure menthol, and eucalyptus oil. T-Mint Ointment does not contain aspirin, petro-chemical (petroleum) bases (which may clog the pores of the skin), or salicylate derivatives such as methyl salicylate or trolamine salicylate which are synthetic and toxic to the body.

5. How does T-MINT Ointment work?

The active ingredients in T-Mint are eucalyptus oil, menthol and lanolin. The eucalyptus oil in T-Mint is obtained from the leaves of only one of the 100 species of eucalyptus grown in the world. Special properties of this variety causes vasodilatation (widening of the diameter of blood vessels) thereby increasing blood flow circulation. Eucalyptus oil is also antifungal, antibacterial, and antiviral. Menthol occurs naturally in raspberry, peppermint and other mints. Properties of menthol include it being antipruritic (anti-itch), a counter-irritant, and having mild local anesthetic (pain relieving) actions. Lanolin is the best oleaginous (oily) base for ointments

because of its admirable compatibility with skin lipids, thereby resulting in better penetration. Petroleum or beeswax bases may irritate and clog the pores of the skin, thereby inhibiting penetration. T-Mint detracts from the perception of pain and itching by stimulating nerve impulses to evoke a feeling of comfort, warmth, cooling and tingling, thereby increasing the analgesic effect. T-Mint acts to produce local vasodilatation of skin due to axon reflexes from the local stimulation of nerve endings.

6. Does T-MINT Ointment produce heat and how long does it last?

Unlike most topical analgesics, T-Mint does not relieve pain through the production of heat alone. The synergistic action of T-Mint relieves pain with a cooling and heating sensation. This product has been used extensively in our clinical and school setting and found its effect to last 15-20 minutes as it penetrates.

7. How often can T-MINT Ointment be used?

T-Mint may be used as often as needed, however, you will find that you will need to use lesser amounts through regular application.

8. Does T-MINT Ointment contain any animal by-products?

No. Lanolin is obtained from the fat of the wool of the sheep. The sheep are not harmed or killed to produce it.

9. Does T-MINT Ointment have any side effects?

When used over 75% of the surface of the body, T-MINT has the tendency to lower the body temperature and is therefore not recommended to be used as a full body massage agent. T-MINT Ointment is of the phenol family and is not recommended to be used by people who are allergic to phenols.

10. Is it safe to apply T-MINT Ointment before going swimming in cold water?

No. It is not recommended because of the tendency to lower the body temperature.

T-MINT is used for the temporary relief of minor aches and pains associated with arthritis, muscular strains and sprains, muscular tension, backache, bruises, minor cuts, scratches, and muscular cramps and spasms. T-Mint is also used for chest vapor treatments.

11. Is it safe to apply T-MINT Ointment to open lesions?

No. However, the bacteriostatic and antiseptic properties of T-MINT make it excellent for the treatment of minor scratches, cuts, insect bites and minor burns. It is not recommended to apply T-MINT to mucous membranes.

12. Is it safe to use on children?

Yes, under the supervision of a physician.

13. What other special properties does T-MINT have?

T-MINT has antiviral, antifungal and antibacterial properties and can be used to kill warts and fungus. It is even more powerful for killing warts when used in conjunction with Tea Tree Oil.

NOTE: IF ALLERGIC REACTION OCCURS, DISCONTINUE USE OF T-MINT AND SEEK THE ADVICE OF A TRAINED HEALTH PROFESSIONAL.

THERAPEUTIC MINT VAPO RUB TENT TREATMENT

Eucalyptus and menthol have been used extensively for treating respiratory conditions. Scientific research has long noted the powerful antibacterial, antiviral and antifungal properties of eucalyptus. Menthol has proven to be a powerful dilator of the bronchioles.

1. Lie down and be covered if needed to avoid chills.
2. Rub 1 teaspoon (start with a little!) of T-Mint Ointment onto the upper chest and breast bone.
3. Place a large towel over the upper chest area in the shape of a tent, up to and covering the nose, but NOT the eyes. Open the mouth so the vapors can be inhaled through the mouth and nose.
4. Breathe the vapors slowly at first, taking care to give the body time to respond gradually.
5. The treatment can continue for 10-15 minutes or longer if desired.
6. Have tissue paper ready for nose blowing (gently, one nostril at a time) or for expectorating into the tissue.

NOTE: Occasionally one may need to close the eyes to avoid irritation. Do not touch the eyes.

Keep a wet wash cloth handy if vapors settle around chin, mouth or nose. One or two wipes of the face may be needed after a lengthy treatment.