



RAPIGEL® provides a clean and easy method to deliver cold therapy to joints, tendons and muscles. RAPIGEL® provides rapid effective relief from pain, swelling and inflammation for a wide variety of injuries and conditions. RAPIGEL® can also be used to help in the prevention of exercise-induced injuries and as an aid in recovery from hard exercise during training or racing.

Rapigel

Muscle and Joint Relieving Gel



WHAT IS RAPIGEL®?

Clean and easy cold therapy.

- ✓ Relieves pain and muscle soreness
- ✓ Reduce inflammation and swelling in joints and tendons
- ✓ Convenient portable cold therapy
- ✓ Clear gel formula leaves no sticky residue

WHY CHOOSE RAPIGEL®?

1. RAPIGEL® promotes a similar effect to an ice pack

RAPIGEL® is far more convenient to transport and can be used in situations where ice or cold hosing may be inconvenient or impossible.

2. Menthol in RAPIGEL® is a widely recognised cooling agent when applied to the skin.

Menthol is thought to stimulate the nerves that perceive cold and depress those that perceive pain^{1,2}. Specific nerve receptors respond in a similar manner to cold as they do to menthol. The menthol in RAPIGEL® is an alternative or an additional aid to traditional cold therapy.

1 Aitakinsens, O et al. Efficacy of a cold gel for soft tissue injuries: a prospective double blinded trial, *American Journal of Sports Medicine*, Sept-Oct 2003, accessed at www.findarticles.com

2 Burke, E PhD, April 2001, accessed at www.active.com

3. RAPIGEL® relieves soreness due to over exertion, fatigue or bruising

Menthol and camphor stimulate the circulation to damaged tissue when applied topically. This decreases the chance of bruises forming when applied early and may assist in the removal of dead blood cells once a bruise has formed.

4. Menthol and camphor have been used for thousands of years for the relief of pain in many areas of the body.

Menthol and camphor, found in RAPIGEL®, are part of a group of chemicals known as "counter-irritants" that relieve pain by irritating the sensory nerve endings to alter or offset pain in the underlying muscle or joints served by the same nerves.

5. Aids in reducing inflammation and swelling

Menthol and camphor have a mild anti-inflammatory effect. This assists in the repair of both acute and chronic joint and tendon injuries.

- ✓ ACUTE INJURIES – reduces the inflammatory response when applied immediately after an injury has occurred. Will also assist the healing process when applied for the duration of the injury by increasing circulation to the affected area.
- ✓ CHRONIC INJURIES – in the case of older or more chronic inflammation menthol and camphor increase circulation and reduce inflammation.

6. No mess - RAPIGEL® does not leave a sticky residue on hands, application sites or bandages

RAPIGEL® may actually assist in the removal of residues from bandages or other products.

WHEN TO USE RAPIGEL®

1. Effective when pain, inflammation or swelling is present

RAPIGEL® can be applied to muscles, tendons or joints whenever pain, swelling or inflammation is present without broken skin. RAPIGEL® will assist in providing relief from over-exertion or fatigue.

2. Effective before a workout

There is evidence² to suggest that the application of counter-irritant products like menthol and camphor assist the warm up process by stimulating circulation to the extremities, which better prepares them for exercise. By applying RAPIGEL® prior to workout, circulation may be increased to the extremities reducing the chance of strains or injuries due to ill-prepared muscles, tendons, and joints. RAPIGEL® should only be used prior to training workouts and use should be discontinued in accordance with the rules of competition prior to the event.

2 Burke, E PhD, April 2001, accessed at www.active.com

3. Effective after a workout

Even when no obvious evidence or injury is present, applying RAPIGEL® after exercise helps relieve general aches and pains. It provides soothing relief after exertion to manage fatigue and reduce progression of subtle injuries.

Muscle and Joint Relieving Gel

HOW TO USE RAPIGEL®

1. Easy to apply

Simply rub onto affected areas at full strength. Requires no mixing or application device. The clear gel RAPIGEL® formula can be easily applied to most areas. It will not disperse from the areas where it is needed and will leave no sticky or hard to remove residue.

2. Ideal to combine with massage

The gel formulation of RAPIGEL® makes it ideal to combine with massage therapy for a more intense effect to promote more rapid healing. Muscles will particularly benefit from massage with RAPIGEL® due to the relaxation of muscle spasms and muscle fibres.

3. Intensify or prolong effectiveness by using bandages

RAPIGEL® can safely be applied under wet or dry bandages to intensify and promote a more marked effect. The use of RAPIGEL® in conjunction with bandaging may be particularly helpful to promote tendon repair, as this will both intensify the effects of RAPIGEL®, as well as provide support to the delicate tendon structures.

4. Mild disinfectant and skin cleanser

Isopropyl alcohol, contained in RAPIGEL®, is often utilised as a cleaner or disinfectant in medical situations. RAPIGEL® assists in the removal of product or bandage residue, such as that left by adhesive bandages used for support on racedays. Do not use on broken skin.

INDICATIONS

- Aids in reducing inflammation and swelling in joints and tendons
- Relieves muscle soreness due to over-exertion, fatigue or bruising

PRECAUTION

If pain or swelling persists the advice of a veterinarian should be sought.

COMPOSITION

Menthol	20mg/g
Camphor	6.25mg/g
Isopropyl Alcohol	350mg/g

RECOMMENDED FOR USE IN

- Pain or soreness associated with muscle, joint and tendon injuries
- Swollen and/or inflamed joints and tendons
- To assist warm up helping to prevent exercise induced injuries
- To aid recovery from intense exercise or overexertion

DOSAGE / DIRECTIONS

RAPIGEL® should be used at full strength and applied liberally to the affected area and rubbed in gently – both prior to and after exercise workout.

PRESENTATION

250g Jar

WITHDRAWAL PERIOD

This product may contain ingredients that contravene the prohibited substances regulations in racing and competition jurisdictions. Users are strongly encouraged to check with the respective authority and their veterinarian prior to the use of any medication.

SAFETY

Avoid any contact with eyes or mucous membranes. Do not apply to broken skin.

STORAGE

Store below 30°C (Room Temperature) in a cool place. Keep the lid tightly closed.

APVMA NUMBER

- 35731 Gel

