

## Product Profile

# LIQUID LIGHTNING

(Formerly known as Herbal Liniment)  
Warming Embrocation

A blend of the liquid extracts of:

* <b>St. John's Wort flower &amp; bud</b> ( <i>Hypericum perforatum</i> )	15%
• <b>Arnica flower</b> ( <i>Arnica montana</i> )	15%
• <b>Horse Chestnut seed</b> ( <i>Aesculus hippocastanum</i> )	14%
• <b>Wormwood leaf &amp; flower</b> ( <i>Artemisia absinthium</i> )	14%
* <b>Rue tops with immature fruit</b> ( <i>Ruta graveolens</i> )	14%
• <b>Yarrow flower</b> ( <i>Achillea millefolium</i> )	14%
• <b>Cayenne pepper</b> ( <i>Capsicum annum</i> ) 1:4	14%

\* Fresh    • Dried

**Action:** Warming, stimulating counterirritant action enhances local circulation and promotes capillary integrity. Resolution of bruises.

**Uses:** To ease general **pain and stiffness in joints and muscles** due to aging, arthritis, rheumatism, or overwork, and to treat **sprained joints and strained ligaments and tendons**. Can also be useful when applied to **contusions, bruises and hematomas; varicose veins, tired heavy legs, and cold hands and feet; insect bites and stings; and frostbite**.

**Dose:** Two to four times per day, rub liberal amounts of liniment into troubled area until well absorbed.

For more intense treatment, moisten gauze with liniment, apply to troubled area, and tape into place. Leave in place for 4 to 8 hours, then remove and wash area with warm soapy water.

**Cautions:** Avoid getting liniment into broken skin, mucous membranes or the eyes. If treated area becomes excessively hot or irritated, or if a rash appears, discontinue use and wash area with warm soapy water to remove any remaining liniment. If liniment gets into the eyes, flush with liberal amounts of cool water.

Some of the maladies listed above can be serious health threats that should be treated by a qualified healthcare practitioner.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

\*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.