



# Our Ingredients

Ingredient	Properties
Arnica montana	Arnica montana extract (other names are: arnica, mountain tobacco and medicinal leopard's bane) has been used as a topical agent since at least the sixteenth century, and nowadays most frequently for the treatment of contusions and sprains, or for symptomatic relief in osteoarthritis. Clinical data from study with 204 patients suggest that arnica is not inferior to ibuprofen when treating osteoarthritis of hands (Rheumatology International (2007) 27(6): 585-591). Topical 20% arnica has been shown to be effective to reduce bruising (Br J Dermatol. 2010 Sep;163(3):557-63).
Basil essential oil	Basil essential oil - said to enhance immune function. Helps to reduce tension and anxiety. Can help increase focus. Multiple pharmacological effects have been reported, from antioxidant, anti-inflammatory, antimicrobial, anti-hyperlipidemic to immunomodulatory activities, see review in Journal of Natural Remedies, July 2018, Vol 18(3):71-85.
Beeswax	The worker bees make beeswax to make honeycomb cells. Beeswax is rich in vitamin A and it is used in making cosmetics. Data suggest that beeswax added to cosmetics helps to alleviate symptoms associated with common cutaneous conditions like dermatitis, psoriasis, and overgrowth of normal skin flora providing effective barrier for the skin, including mild sunscreen property, see review in J.Cosmetic Dermatology, 2023, 00:1-8
Bergamont essential oil	Bergamont essential oil - said to help elevate mood and alleviate stress with its unique citrus aroma. It has been shown to have anti-inflammatory properties (Food Sci Nutr. 2019; 7: 369-384).
Caffeine	Caffeinated headache medications, either alone or in combination with other treatments, are widely used by patients with headache (Lipton et al. The Journal of Headache and Pain (2017) 18:107). Per Cochrane analysis the addition of caffeine to a standard dose of commonly used analgesics provides an increase in the proportion of participants who experience a good level of pain relief (Cochrane Database Syst. Rev. 2014 Dec 11;(12)).
Cannabidiol	Cannabidiol is a cannabinoid isolated from the industrial hemp. In 2018, CBD oral solution became an FDA-approved drug under the trade name of Epidiolex for treatment-resistant epilepsy: Dravet syndrome and Lennox-Gastaut syndrome in children with refractory epilepsy. While Epidiolex treatment is generally well tolerated, it is associated with minor adverse effects, such as gastrointestinal upset, decreased appetite, sleepiness and lethargy, and poor sleep quality. Cannabidiol is metabolised by liver enzymes that also metabolise many common drugs with potential for drug interactions when consumed together (CMAJ 2020 March 2;192). Individuals with medical conditions on medication should consult their medical doctor before using cannabidiol containing products.
Cedarwood essential oil	Cedarwood essential oil - earthy, woody aroma that can ease tension, relax the body, and enhance concentration. Helps to clear the mind and promote quality sleep. Believed to help relieve muscle tension and joint pain.
Chamomile essential oil	Chamomile essential oil - soothing floral scent helps to calm the mind and body and reduce anxiety. Believed to help reduce symptoms of insomnia and promote restful sleep.
Cinnamon essential oil	Cinnamon essential oil - has a sweet and spicy aroma, which helps stimulate the senses, fight fatigue and stimulate libido. Helps soothe pain and stiffness. Warm and uplifting, its scent can inspire calm feelings.
Clary sage essential oil	Clary sage essential oil - clean, refreshing scent said to induce relaxation and help alleviate stress and depression. May have anti-bacterial properties.
Cobra venom	The Asian cobra (Naja species), also known as the hooded cobra, inhabits vast area from the Middle East to Philippines. Naja preparations have been used in Indian and Chinese medicine. Published data supports the use of Naja venom preparations for pain management (Indian Journal of Experimental Biology, vol. 40, no. 12, pp. 1353-1358, 2002; Indian Journal of Experimental Biology, vol. 40, no. 12, pp. 1353-1358, 2002; Acta Pharmacologica Sinica, vol. 27, no. 4, pp. 402-408, 2006; Complementary and Alternative Medicine, vol. 2013, Article ID 616241, 10 pages, 2013; Toxicon, vol. 55, no. 2-3, pp. 670-673, 2010).
Cocoa butter	Cocoa butter - Pure and natural fat extracted from cocoa seed pods. Rich in anti-oxidants, can help protect and repair skin. This nourishing butter forms a protective barrier on skin.
Coconut oil	Coconut oil - has antimicrobial properties. Can help reduce inflammation in the skin. Helps retain skin's moisture.
Eucalyptus essential oil	Eucalyptus essential oil - clean, refreshing, menthol aroma. Helps to purify, cleanse and boost immunity. May be used to help promote respiratory wellness, and relieve pain.
Frankincense essential oil	Frankincense essential oil - earthy, spicy aroma is comforting and can help with anxiety. It's fragrance is believed to help cleanse and purify. Believed to have anti-inflammatory properties.
Gold	We add 23 karat edible gold to some of our cosmetics. The use of gold has been in medicine goes back to 2500 BC in China. Many biological activities of gold compounds have been described: antibacterial, anticancer, anti-inflammatory and also affecting gene expression. Injections of weak solutions of sodium aurothiomalate or aurothioglucose are sometimes used to treat rheumatoid arthritis (see review in Gold Bulletin 1996, 29(2)). Gold compounds are considered to have great application prospects in modern cancer therapy (Front. Chem., 30 June 2020).
Hemp extract with cannabidiol	Hemp extract containing cannabidiol is used in some of our products and such products contain THC levels below the Limit of Quantitation (LOQ) of the lab equipment used, typically below 0.03% which is around 10 times lower than the legal limit of 0.3%. Studies have shown that cannabidiol interacts with the bodies' endocannabinoid system. Cannabidiol has been shown to have antioxidant and anti-inflammatory activity (Antioxidants (Basel). 2019 Dec 25;9(1):21). Postgraduate Medicine, 2020, VOL. 132, NO. 1, 56-61 reports that 53% of chronic pain patients reduced or eliminated their opioids within 8 weeks after adding CBD-rich hemp extract to their regimens. Curr Pharm Biotechnol. 2020;21(5):390-402 reported data from a small clinical study showing that transdermal application of CBD oil achieved significant improvement in pain n patients with peripheral neuropathy.
Hemp seed oil	Hemp seed oil - rich in fatty acids and nutrients - helps nourish and moisturize. Helps calm and sooth irritated or sensitive skin.

Himalayan rock salt	Himalayan rock salt - rich in minerals, this salt is a natural exfoliator. Believed to draw out toxins from the skin, helps cleanse and detoxify. Leaves skin soft and revitalized.
Jasmine essential oil	Jasmine essential oil - sweet, alluring, floral scent, which is believed to release serotonin and uplift the mood. Believed to enhance libido.
King cobra venom	King cobra venom preparations contain proteins that can facilitate permeation of the human skin, helping cosmetic ingredients to penetrate.
Lavender essential oil	Lavender essential oil - believed to have anti-septic and anti-inflammatory properties. Soothing scent helps calm anxiety and reduce stress.
Lemon essential oil	Lemon essential oil - fresh, purifying citrus aroma can help boost energy and uplift the spirit. Can help purify and invigorate the mind, body, and spirit. Believed to have immune boosting and anti-inflammatory properties.
Lemongrass essential oil	Lemongrass essential oil - light, fresh lemony aroma is feels relaxing, refreshing and balancing. Believed to help with healthy digestion. Can help relax muscle tension and relieve headaches.
Mango butter	Mango butter - light, creamy moisturizing butter made from the oils pressed from the kernel of a mango. Absorbes quickly and cleanly into skin, without leaving a greasy residue. Enriched with Vitamins and anti-oxidents, this creamy butter is nourishing and hydrating.
Marjoram essential oil	Marjoram essential oil - sweet, herbacious aroma can have a soothing effect on the mind. Believed to help restore hormonal balance. Can help reduce inflammation and digestive issues.
Menthol	Menthol is an alcohol obtained from peppermint oil or other mint oils, or prepared by the hydrogenation of thymol. It has a pleasant, peppermint-like taste and odour. It is recognised in the USA as an over-the-counter topical and oral analgesic (J Pharm Sci 2017 Jul; 106(7): 1923-1932).
Mocassin venom	Agkistrodon piscivorus is the largest species of the genus Agkistrodon. Chinese mocassin's venom preparations have been used for centuries in China as a traditional remedy for rheumatoid arthritis and pain in tendons and bones.
Neroli essential oil	Neroli essential oil - sweet, refreshing scent helps alleviate anxiety and insomnia, uplift mind and spirit. Helps rejuvenate skin.
Orange essential oil	Orange essential oil - bright, cheerful aroma helps uplift and relax. May help enhance immune system.
Patchouli essential oil	Patchouli essential oil - its fragrant aroma is sweet, spicy and woody. Believed to help calm, balance and ground the mind and spirit.
Peppermint essential oil	Peppermint essential oil - fresh scent helps invigorate and boost energy. Helps release muscle tension and soothe inflammation.
Rose essential oil	Rose essential oil - rich and spicy floral scent helps boost mood, reducing anxiety. May help boost libido. Believed to have anti-aging and anti-inflammatory properties.
Rosemary essential oil	Rosemary essential oil - woody, herbaceous aroma believed to improve brain function and memory. Known for it's anti-septic and anti-microbial properties.
Shea butter	Shea butter - creamy butter extracted from shea tree nuts. Rich with fatty acids and vitamins. Has antioxidant and anti-inflammatory properties. Deeply hydrating, helps form a barrier to lock in skin's moisture.
Snake venom	DUO-VENN® is a trademark name for a combination of cobra and moccasin venoms used in some of our pain relief products, granted to Green Earth Health.
Spearmint essential oil	Spearmint essential oil - cool, refreshing scent helps to energise, uplift and stimulate focus. Helps promote healty digestion.
Sweet almond oil	Sweet almond essential oil - rich in vitamins and fatty acids. Light, fast absorbing oil great for all skin types. Helps to soften and soothe skin.
Tea tree essential oil	Tea tree essential oil - has antimicrobial, antibacterial, antifungal and antiviral properties. Can help relieve inflammation.
Vanilla essential oil	Vanilla Essential Oil - this rich and delicious aroma helps promote relaxation. Believed to be an aphrodisiac, help boost libido and sexual health.
Vitamin B3	Niacin - helps protect skin against sun damage and toxins. May help relieve inflammation.
Vitamin E	Vitamin E - an anti-oxidant, helps protect against free radicals and toxins. Vitamin E helps maintain healthy skin and eyes, and strengthen the body's natural defence against illness and infection (the immune system). Said to promote healing in skin.
Wintergreen essential oil	Wintergreen essential oil - its minty and refreshing aroma helps boost mood and stimulate the mind. Creates a feeling of warmth which may help relax muscles and relieve joint pain and inflammation.
Ylang Ylang essential oil	Ylang Ylang essential oil - rich, floral scent can bring feelings of joy and positivity. Believed to help enhance libido.