

ICE® POWER

The Original since 1995

For fast pain relief



TEHTY SUOMESSA
MADE IN FINLAND

Ice Power Cold Gel - clinically proven effect

The original Ice Power cold gel quickly and effectively relieves pain and inflammation. Ice Power Cold Gel is a safe long-term cold treatment for the whole family. Ice Power Cold Gel reduces swelling, releases muscle tension and speeds up recovery in injuries and muscle exertion.

Spread the gel onto the desired areas at 3-6 hours intervals, or as required.

Sizes: 20 ml, 75 ml, 150 ml and 400 ml

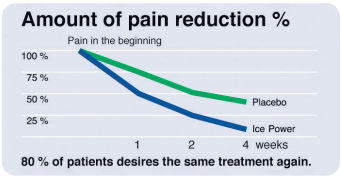
One product with several uses:

- strains, sprains, sport injuries
- haemorrhage and bruises
- neck-, shoulder and back pain
- children's growing pains
- minor burns and sunburns
- stress pain and muscle tension
- rheumatic pain
- to reduce swelling



Clinically proven effect*

The long-term cooling effect of clinically studied Ice Power Cold Gel begins almost immediately after application. The gel can also be used simultaneously with other NSAIDs.



*) Airaksinen et al.: Prospective Randomized Controlled Trial of the Effectiveness of Cold Gel: American Academy of Physical Medicine and Rehabilitation 9/2001; Archives of Physical Medicine and Rehabilitation 82:1326, 2001; Airaksinen et al.: Double-blinded Trial of the Efficacy of Cold Gel with soft tissue injuries ISAP, San Diego 8/2002

Ice Power Cold Gel Roll - easy to use

Ice Power Cold Gel is also available in a handy roll tube. With Ice Power Cold Gel Roll you can quickly spread the gel to your neck and shoulder areas without touching the gel with your hands. Colourless and does not stain. Convenient for office and travel use!

Size: 75 ml



Ice Power Cold Creme

Ice Power Cold Creme is a unique cooling pain reliever in the form of creme which relieves pain very effectively and is skin friendly.
Ice Power Cold Creme is suitable for long-term use and can be used e.g. for muscle pain in neck and shoulder area, to speed up muscle recovery and for muscle exertion. The Cold Creme spreads easily and does not stain. Ice Power Cold Creme does not include colourant.

Size: 60 g



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Ice Power Kids
- for children and the young

Ice Power Kids has been specially developed as a pain relieving cold cream suitable for children and the young.
Ice Power Kids is a safe, medicine free cream that is gentle to the skin. It also has a fresh peppermint scent.

Size: 60 g



Ice Power Plus Cold Gel - for prolonged pain

Ice Power Plus Cold Gel quickly and effectively relieves pain, inflamation and swelling. It also releases excessive muscle tension associated with long-term aches and pains.
The MSM in Ice Power Plus Cold Gel helps to boosts the effect of the cooling gel.

Sizes: 100 ml and 200 ml



What is MSM?

MSM (methyl sulphonyl metane) is an organic form of sulphur. It can be found in certain types of food such as coffee, tea, green vegetables as well as in various proteins of the human body. Sulphur is an essential mineral for human body. MSM is a natural and effective anti-inflammatory compound.

- relieves inflammation
- speeds up muscle recovery
- prevents muscle aches

Ice Power Sport Spray
- a comprehensive and convenient cold treatment

Ice Power Sport Spray combines the convenient use of a spray with the long lasting effects of a cooling gel. This unique cold treatment relieves both acute and chronic musculoskeletal pain and also speeds up muscle recovery. Ice Power Sport Spray provides long-term pain relief for sport injuries, strains, sprains, bumps and bruises.

Size: 125 ml



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Choose the right

		Cold Gel	Cold Creme	Plus MSM Cold Gel	Sport Spray	Cold Spray	I o P
							
FOR MUSCLES	Neck, shoulder or back pain	X	X	X	X		
	Muscle tensions, stress pain	X	X	X	X		
	Haemorrhage, bruise	X			X*	X*	
	Growing pains	X	X				
	Muscle cramps						
FOR JOINTS	Arthritis, arthrosis, rheumatic pain	X	X	X			
FOR SPORTS	Sprain, strain and rupture	X			X*	X*	
	Tennis elbow, tendonitis and other stress injuries	X	X	X	X		

*For First Aid

**For prevention

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Ice Power

	Instant Cold or Cold/Hot Pack	Cooling Patch	Arthro Creme - for joints	Hot Warm Gel	Kids	Magnesium Cream
						
	X	X		X**	X	X
		X			X	X
	X*					
					X	
						X
	X		X	X***		
	X*	X		X***	X	
	X	X				

***For prolonged pain after period of cold treatment with Ice Power Cold Gel

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Ice Power Arthro Creme

- quick relief for various joint problems



Ice Power Arthro Creme is a unique cold cream for treating various joint problems. The Ice Power cooling effect is enhanced by glucosamine, chondroitine and MSM, which are essential for joint wellbeing.

Massage the cream into the problematic joint area 2-3 times daily. For the best possible results it is recommended to use the cream for a period of at least one month.

Size: 60 g

General info:

- The cooling effect from Menthol and eucalyptus oil relieve pain and swelling.
- Chondroitin is a natural building material of the cartilage tissue and it lubricates the joint surfaces.
- Glucosamine is a substance found naturally in human body. It exists in all connective tissues and plays an essential part in the wellbeing of joint cartilages.
- MSM relieves inflammation and muscular tension and pain.





Ice Power Magnesium Cream

- for the wellbeing of muscles

- For increased need of magnesium
- Relieves muscle cramps and muscle tension
- Contains magnesium in a well-absorbing sulphate form and menthol which gives a light cooling effect
- Light emulsion cream – does not stain
- Absorbs well and quickly
- No known side effects (e.g. stomach irritation or diarrhoea)
- Can be used also together with magnesium food supplements to make sure the right magnesium level is reached (e.g. in malabsorption)

Massage 2-3 pumps of the cream on skin 2-3 times a day or when needed. One pump contains 10 mg magnesium.

Size: 300 ml

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Ice Power Cooling Patch

- for easy and effective pain relief

+ Fast and effective, cooling effect lasts up to 6 hours!
+ Self-adhesive patch, pleasant to use
+ Enables long-term use e.g. in neck and shoulder pain and in back muscular tension
+ Well-known Ice Power cooling effect

Take the patch from the pouch and remove the protective film. Apply the sticky side of the patch on the area of pain. Reseal the pouch tightly to prevent unused patches from drying out. Use patches within one month from the opening of the pouch. Place the patch on clean and dry skin. The patches are disposable.

Pack size: 5 patches/box (patch size 8cm x 12cm)

Ice Power Hot Warm Gel

- for non-inflammatory pain



Ice Power Hot Warm Gel gently warms up and relaxes the muscles and improves circulation. The gel is designed to provide relief in peripheral circulation disorders, various types of aches and non-inflammatory pains and tensions. Ice Power Hot Warm Gel warms up the muscles and is therefore an excellent preparation for athletes to prevent strains and sprains.

Spread Ice Power Hot Warm Gel over the desired area and massage it carefully into the skin. The gel starts to gently warm the treated area within one hour of the initial application. Sweating, sauna, sun or warm clothing further enhance the warming effect.

Size: 75 ml

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Ice Power Instant Cold Compress
- quick and effective first aid treatment

The Ice Power Instant Cold Compress is ready to be used as first aid in acute injuries to prevent haemorrhaging as well as to manage pain, inflammation and swelling. The Ice Power first aid treatment can be continued with the use of Ice Power Cold Gel.
Ice Power Instant Cold Compress is easy to use: just press the pack firmly to break the inner water pouch and shake it. The compress provides cold treatment for 30 minutes.

Pack size: 14 x 24 cm

Also available in an individual package together with a cloth cover.





Ice Power Cold / Hot Pack
- many ways to use

The reusable Ice Power Cold / Hot Pack is an easily mouldable and high quality pack. The gel pack can be cooled down in a refrigerator or freezer for relieving pain, inflammation and swelling. When treating non-inflammatory aches, the pack can be heated up in a hot water bath or in a microwave in a bowl filled with water and used as heat therapy.

Pack size: 29 x 12 cm

Also available in an individual package together with a cloth cover.



First Aid: Ice Power Cold Spray
- the favourite product of sports people

Ice Power Cold Spray provides rapid and effective cooling first aid in soft tissue injuries, such as strains and sprains and ruptures. The cooling effect is immediate and lasts for approximately 15 minutes. The treatment can be continued with the use of the Ice Power Cold pack or Cold Gel. It can also be used as a part of the first aid for minor burns.

Size: 200 ml



www.icepower.com