

Comparison between AlphaFlex<sup>®</sup> and Liniments that relieve with menthol (methyl salicylate), camphor, isopropyl alcohol  
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Writing a comparison between OTC Liniments and AlphaFlex<sup>®</sup> (Omega-5<sup>®</sup>) is a little like writing a comparison between potato chips and apples as a nutritional snack; potato chips are not nutritional... apples are. AlphaFlex is based upon the Omega-5 fatty acid "myristoleic acid" which is a potent, safe and effective anti-inflammatory and also contains ten other herbs, vitamins and minerals that have known clinical benefits for the fortification of the body and the relief on minor pain and inflammation. Methyl salicylate, camphor, isopropyl alcohol, etc., have no nutritional value and come with serious toxic side effects when used incorrectly (see below).

Let's consider why we ache and how our bodies repair themselves. Pain is a symptom caused from inflammation, tissue damage, fever, disease or fatigue; when the body repairs this damage, the pain goes away. Now, in come the pain relievers that interrupt the pain signal... pain is gone and off we go. The problem is that the underlying damage causing the pain is still there (our pain reliever has done nothing to heal the problem), so by resuming our activities we can actually exacerbate the damage, making the problem worse.

To keep us healthy and thriving, our bodies are continually at work renewing and replacing our tissue; these activities are: 1) Anabolic, the process of repair and growth and 2) Catabolic, the process of breakdown of "old tissue" and its replacement; the balance between these two critical activities determines whether we are "thriving" or "degenerating". Supplying nutritional materials that drive anabolism (like proteins, essential fatty acids, glyconutrients, elements, minerals and carbohydrates) all work to encourage hormonal balance and, control tissue repair and growth, while optimizing the proper function of metabolism, nerve signaling, mental acuity and balance.

Generally, only nutrients will encourage tissue repair and its fortification... and chemicals (liniments and pain killers); manipulate our bodily functions by either stimulation or suppression. They (chemicals) provide no nutritional benefit, do not contribute toward tissue repair or growth, and do not participate in the bodies trophic actions (synergistic flow of cellular processes and energy). It is always better to supply nutrients which encourage tissue repair than it is to supply chemicals. One promotes healing and wellness (nutrients) and the other do not (chemicals).

The active ingredients in most liniments are menthol (methyl salicylate), mixed with other chemicals like camphor, isopropyl alcohol and water.

- Camphor can cause chills, lethargy, musculoskeletal stiffness, nausea, neck pain, vomiting.
- Menthol (methyl salicylate) can cause redness or irritation, ringing in the ears, nausea or vomiting, and with an overdose, death.

**"Teen runner dies after muscle cream overdose. 17-year-old used 'topical medication to excess,' medical examiner says"**

**AP** Associated Press

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NEW YORK - A medical examiner blamed a 17-year-old track star's death on the use of too much anti-inflammatory muscle cream, the kind used to soothe aching legs after exercise.

Arielle Newman, a cross-country runner at Notre Dame Academy on Staten Island, died after her body absorbed high levels of methyl salicylate, an anti-inflammatory found in sports creams...

The active ingredients in AlphaFlex<sup>®</sup> are: Omega-5<sup>®</sup> (an anti-inflammatory fatty acid ester), a few natural key enzymes like manganese aspartate, D-calcium pantothenic acid, zinc aspartate, chelated copper and boron citrate, along with a patented form of black pepper and capsaicin. All of the ingredients found in AlphaFlex<sup>®</sup> are anabolic nutrients and actively participate in our body's process of repair and growth (Anabolism).

AlphaFlex is not a catabolic chemical that is attempting to mask a symptom and alter a pain pathway... AlphaFlex is based upon good nutritional science and the results of clinical research. AlphaFlex is anabolic and promotes wellness by providing the body with nutrients that support the body's efforts to heal its self and lessen the minor aches and pains of life. Compare the nutritional benefits of fresh pomegranate juice verses those of soda pop... The comparison is silly because soda pop has almost no nutritional value... and that is why those who choose wisely, choose AlphaFlex<sup>®</sup>!