

Title:

Common Arthritic Pain Relief Cream Components

Word Count:

509

Summary:

A pain relief cream is a popular choice in soothing and relieving joint pain caused by arthritis.

Keywords:

pain relief cream

Article Body:

Arthritis is a common condition characterized by joint pain and inflammation. If you are suffering from arthritis, you may want to consider using a pain relief cream.

Salicylate

One of the most popular components of arthritic pain creams is salicylate, an ingredient found in aspirin.

NSAID

Nonsteroidal anti-inflammatory drugs are also common ingredients found in pain relief creams, such as ibuprofen and naproxen.

Capsaicin

Capsaicin is a popular ingredient in most natural pain relief creams. An ingredient found in chili peppers, capsaicin is known for its ability to reduce pain and inflammation.

Emu Oil

Creams that use emu oil as their active ingredients are usually pricier since authentic emu oil is difficult to come by.

Eucalyptus Oil or Menthol

Aside from heat, cold therapy also works well against joint pain. Using creams with menthol or eucalyptus oil can help soothe and numb the affected area.

There are different pain relief creams for arthritis and choosing one that best suits your needs is important. Consult your doctor for more information.

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