

## Topical Supplements Avoid Problems Associated with Oral Pain Medications

Joint and muscle stiffness and pain are common to everyone at one time or another and can be caused by exercise, aging or specific conditions such as arthritis, osteoporosis, tendonitis or bursitis, just to name a few. We all try a multitude of different products, either over the counter medication or prescription drugs to relieve this stiffness and pain and most are found to be ineffective or can cause moderate to severe side effects such as ulcers, gastrointestinal problems, difficulty breathing, circulation problems, chest pain and/or shortness of breath.

Topical supplementation is the best way for addressing soft tissue and joint pain because it is applied directly to the target area that is causing the pain or discomfort. Over 80per cent of oral medicines and supplements are filtered out by the digestive system, thus minimizing their effect in the easing of pain, and causing the patient to increase the dosage, which could cause a multitude of side effects ranging from mild to severe.

Not all topical supplements are the same. The most popular analgesic gels are simply strong menthol and/or camphor based counter irritants that may mask the pain for a very short time and overwhelm the senses, but most times are not effective.

Two new products on the market, Ibunex and Gluconex are clinically formulated in a liposome dermal delivery matrix, that is, in a handy spray pump. Both of these medications are over the counter and target key ingredients immediately into sore muscles and joints. Also, both of these products can be used simultaneously. Because they are applied directly to the target site, the pain, stiffness and soreness may be relieved almost instantly.

Ibunex is a unique, topically applied formula. One pump (.2 grams) contains Ibuprofen (10 mg) plus Glucosamine (4 mg), Chondroitin (4 mg), MSM (5 mg) and Bromelain (5 mg). Recent clinical research has found that 5per cent of topical Ibuprofen resulted in comparable effectiveness relative to 400 mg oral Ibuprofen. Also, oral Glucosamine with Ibuprofen synergistically boosted Ibuprofens effectiveness.

Glucosamine and Chondroitin are natural substances found in and around the cells of cartilage. Researchers believe that Glucosamine inhibits inflammation and stimulates cartilage cell growth, while Chondroitin provides cartilage with strength and resilience. Research testing of Glucosamine and Chondroitin and found that both together, rather than taken separately, carry low doses of key ingredients deep into the targeted tissue, delivering the benefits you expect.

Gluconex is a unique topically applied maintenance care formula. One pump (.2 grams) contains Glucosamine (10 mg), plus Chondroitin (5 mg), MSM (5 mg) and Bromelain (5 mg) and can be applied to the muscle or joint that is causing pain, such as the neck, shoulder, knees, feet, hips, back, etc.

The difference between Gluconex and Ibunex is that Gluconex does not contain Ibuprofen. Both of these products can be used simultaneously. The topical Ibunex can be used 3 to 4 times a day for 14 days and the topical Gluconex can be used 2 times daily for ongoing care.

Disclaimer: Ibunex and Gluconex are not recommended for children under the age of 12 years or for women during pregnancy or lactation or to be taken internally. Consult your health care professional if you are taking other pain relievers or supplements.

### About the Author

I have suffered from joint and muscle pain and wanted to find and share non-invasive ways of healing or alleviating pain naturally without taking medications that have adverse side effects.

<http://www.spineshoppe.com>

Source: <http://www.article-idea.com>