



**BARKAN**

**Cream for Massaging Joints, Lower Back & Knees \***

**BARKAN** is a mixture of herbal extracts & essential oils in palm oil, including Lavender, Italian Helichryse, Ylang ylang, Sage, White willow, Oregano, Feverfew, Fig leaves, Winter Cherry, Wintergreen, Myrtle, Thyme, & Juniper. **BARKAN** soothes aching, swollen joints & small muscle areas.

**Properties of the plants used:**

- ☼ Various species of *oregano* stimulate your immune system.
- ☼ *Lavender* calms & soothes, rebalances any destabilizations in the body, and soothes muscle spasms.
- ☼ *Myrtle* is an anti-inflammatory that helps relax the muscles.
- ☼ *Italian Helichryse* firms the tissues and improves circulation.
- ☼ *Wormwood* (absinthe) helps heal skin irritations, muscle sprains & bruises.
- ☼ *Common sage* helps to calm while its antispasmodic properties relax muscles.
- ☼ *White willow bark* helps ease aches & pains due to sore muscles or arthritis.
- ☼ *Ylang ylang* has a calming effect on the mind & body and has a balancing & stimulating effect on the skin. It also stimulates circulation, relieves muscle spasms, lowers blood pressure and relaxes nerves.
- ☼ *Winter Cherry or Indian Ginseng* helps eliminate toxins in the nerve cells, aids the body in adapting to stress and has a sedative effect.
- ☼ *Feverfew* has anti-inflammatory & sedative properties and helps reduce the sensation of pain.
- ☼ *Wintergreen* is an effective pain reliever and helps heal skin.
- ☼ *Juniper* relieves the aches of rheumatism, arthritis, and sore muscles, improves circulation and relieves fluid retention.
- ☼ *Thyme* has antispasmodic properties that help relax muscles.

**Usage suggestions:** Apply a very small amount locally and massage for about 15 seconds. May be repeated several times a day.

For a larger muscle area, use **EVRY**. For tired, swollen feet & calves, use **MOAV**.

For optimal relief, it is recommended to apply the **EVRY** body oil as well, for the muscles surrounding joints. It is also recommended to use the **NIKUZIT** detox tea, according to its usage instructions.

\* Dermatologically tested, not tested on animals, ONLY FOR EXTERNAL USE. Purely herbal ingredients.

**Usage precautions:** As for any product containing essential oils:  
 - In case of contact with eyes, rinse thoroughly with water.  
 - To test for sensitivity, start by applying a small quantity of the product. In case of abnormal reaction (headaches, persistent redness of the skin, nausea, dizziness) discontinue usage of the product.

<< *The efficacy of Herbs of Kedem products is optimized by the dosage and the synergy of the plants being used* >>



**Distributed by :  
KNA & Co.**

847 864-9670 / 847 231-0800 - fax / [kna@knacompany.com](mailto:kna@knacompany.com)  
[www.deadseaherbs.com](http://www.deadseaherbs.com) **Also visit us at** [www.helpyourbodynaturally.com](http://www.helpyourbodynaturally.com)