

**DR. MIKES PONOS PAIN RELIEF CREAM ROLL-ON- histamine dihydrochloride,  
menthol cream**

**Dr. Mike's Vitamins, LLC**

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**DR. MIKE'S Ponos Pain Relief Cream Roll-On**

***Drug Facts***

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***Active Ingredients***

Histamine DHCl 0.03 %

Menthol 3%

***Purpose***

Topical Analgesic

***Uses:***

- For the temporary relief of minor aches and pains of muscles and joints, associated with simple backache, arthritis, strains, bruises, and sprains.

***Warnings:***

**For external use only**

- apply to wounds or damaged skin. • bandage tightly. **Do not**

**When using this product**

- Avoid contact with the eyes

**Stop use and ask a doctor if**

condition worsens, or if symptoms persist for more than 7 days or clear up and occur again within a few days.

**Keep out of reach of children.**

If swallowed, get medical help or contact a Poison Control Center right away.

**If pregnant or breast-feeding,**

ask a health professional before use

***Directions:***

- Adults and children 2 years of age and older: Apply to affected area not more than 3 to 4 times daily.
- Children under 2 years of age: consult a doctor.

**Other Information:**

- Protect the product in this container from excessive heat and direct sun.

***Inactive Ingredients:***

Aloe Barbadensis Leaf (Aloe Vera Gel) Juice, Aqua (Deionized Water), Arnica Montana Flower Extract, Beeswax, Boswellia Serrata Extract, Butyrospermum Parkii (Shea) Butter, Cetearyl Alcohol, Cetearyl Oliviate, Cetyl Alcohol, Cetyl Myristoleate, Chamomilla Matricaria (Chamomile) Extract, Citric Acid, Cucumis Sativus (Cucumber) Fruit Extract, Dimethyl Sulfone (DMSO), Gluconolactone, Glycerin, Glyceryl Stearate, Glycyrrhiza Glabra (Licorice) Extract, Helianthus Annuus (Sunflower) Oil, Hypericum Perforatum (St. John's Wort), Mentha Piperita (Peppermint) Oil, Methylsulfonylmethane (MSM), Olea Europaea (Olive) Oil, Pistacia Lentiscus (Mastic) Oil, Sodium Benzoate, Sodium Laurylglucosides Hydroxypropyl sulfonate, Sorbitan Oliviate, Stearic Acid, Xanthan Gum, Zemea (Corn) Propanediol, Zingiber Officinalis (Ginger) Oil.

***Questions or Comments?***

Go to [www.drmikesvitamins.com](http://www.drmikesvitamins.com)

**Package Labeling:**

PHYSICIAN FORMULATED

**NEW! Stronger Formula**  
**NOW with Mastic Oil**

DR. MIKE'S

**PONOS**

[Πόνος]



ROLL-ON



FAST ACTING &  
LONG LASTING



DEEP  
PENETRATING



TARGETED  
RELIEF

NET WT. 3 OZ. (85g)

**Drug Facts**

**Active Ingredients**

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**Questions or Comments?**

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Distributed by:  
Dr. Mike's Vitamins  
150 Seventh Ave, Chardon, Ohio 44024



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# DR. MIKES PONOS PAIN RELIEF CREAM ROLL-ON

histamine dihydrochloride, menthol cream

## Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:71067-359
<b>Route of Administration</b>	TOPICAL		

## Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
<b>HISTAMINE DIHYDROCHLORIDE</b> (UNII: 3POA0Q644U) (HISTAMINE - UNII:820484N8I3)	HISTAMINE DIHYDROCHLORIDE	0.3 mg in 1 g
<b>MENTHOL</b> (UNII: L7T10EIP3A) (MENTHOL - UNII:L7T10EIP3A)	MENTHOL	30 mg in 1 g

## Inactive Ingredients

Ingredient Name	Strength
<b>ALOE VERA LEAF</b> (UNII: ZY81Z83H0X)	
<b>WATER</b> (UNII: 059QF0KO0R)	
<b>YELLOW WAX</b> (UNII: 2ZA36H0S2V)	
<b>INDIAN FRANKINCENSE</b> (UNII: 4PW41QCO2M)	
<b>SHEA BUTTER</b> (UNII: K49155WL9Y)	
<b>CETOSTEARYL ALCOHOL</b> (UNII: 2DMT128M1S)	
<b>CETEARYL OLIVATE</b> (UNII: 58B69Q84JO)	
<b>CETYL ALCOHOL</b> (UNII: 936JST6JCN)	
<b>CETYL MYRISTOLEATE</b> (UNII: 87P8K33Q5X)	
<b>CHAMOMILE</b> (UNII: FGL3685T2X)	
<b>CITRIC ACID MONOHYDRATE</b> (UNII: 2968PHW8QP)	
<b>CUCUMBER</b> (UNII: YY7C30VXJT)	
<b>DIMETHYL SULFONE</b> (UNII: 9H4PO4Z4FT)	
<b>GLUCONOLACTONE</b> (UNII: WQ29KQ9POT)	
<b>GLYCERIN</b> (UNII: PDC6A3C0OX)	
<b>GLYCERYL MONOSTEARATE</b> (UNII: 230OU9XXE4)	
<b>GLYCYRRHIZA GLABRA</b> (UNII: 2788Z9758H)	
<b>HELIANTHUS ANNUUS FLOWERING TOP</b> (UNII: BKJ0J3D1BP)	
<b>HYPERICUM PERFORATUM WHOLE</b> (UNII: XK4IUX8MNB)	
<b>PEPPERMINT OIL</b> (UNII: AV092KU4JH)	
<b>OLIVE OIL</b> (UNII: 6UYK2W1W1E)	
<b>PISTACIA LENTISCUS RESIN</b> (UNII: 7446H202QW)	
<b>SODIUM BENZOATE</b> (UNII: OJ245FE5EU)	
<b>SORBITAN OLIVATE</b> (UNII: MDL271E3GR)	
<b>STEARIC ACID</b> (UNII: 4ELV7Z65AP)	
<b>XANTHAN GUM</b> (UNII: TTV12P4NEE)	
<b>CORN</b> (UNII: 0N8672707O)	
<b>GINGER</b> (UNII: C5529G5JPQ)	

**Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:71067-359-00	85 g in 1 BOTTLE, WITH APPLICATOR; Type 0: Not a Combination Product	08/29/2022	

**Marketing Information**

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M017	08/29/2022	

**Labeler** - Dr. Mike's Vitamins, LLC (080432373)

Revised: 11/2023

Dr. Mike's Vitamins, LLC