About Torf Moor Mud (BALNEO-peat)

Moor Mud is a therapy quality moor peat¹ - an organic substance, product of natural decomposition of multitudes of plants under special conditions. Unlike other mud used in the spa industry, Torf Moor Mud contains virtually no clay (less then 3%) and consists of organic residue of herbs, flowers and grasses. Over period of thousands of years this residue was transformed into a fine paste that easily dissolves in the water, has unusual concentration of bio-minerals, trace elements, vitamins, amino acids, plant hormones and fatty acids in a molecular form that is moor mud content easy for the human skin to absorb. Think of it as a plant extract not from just one plant, but hundreds that reflects environment of Earth 10,000 years ago, without present day pollution. Its uncanny ability to heal, nourish and detoxify has been observed by people for millennia, but scientific application started more recently. Central European curative spas started serious research into health benefits of moor mud therapy in early 19th century. One of the first adopters were spas located in “the spa rectangle” - Mariánské Lázně³, Karlovy Vary, Františkovy Lázně and Alexanderbad² located mainly in the western Czech Republic. This area was blessed with an unusual concentration of mineral springs of curative properties. Torf’s Czech Moor Mud bog - near the village Krásno is located in this area and currently supplies most of the spas in this region. Moor Mud is used to treat multitude of ailments from mobility problems, arthritis, hormonal imbalance, infertility to post surgery recovery and muscle recovery in sport medicine. Its actions are thermo-physical, biochemical, anti-aging, anti-inflammatory, and natural antibiotics³. Because mud has chelatic properties (it binds heavy metal isotopes) it is a very strong natural detoxifier³.

Torf’s term "BALNEO-peat" refers to the therapy quality of our Czech Moor Mud. To be used in health spa industry (curative spas are still an integral part of national health systems in Central Europe), Moor Mud has to be of appropriate stage of humification and therapeutic quality which is tested to exacting standards by the Certified Laboratory for Natural Healing Resources of the Ministry of Health of the Czech Republic. Thanks to our unique packaging, Torf Moor Mud is supplied in an non-altered natural state, enriched with highly beneficial mineral spring waters and salts of the Czech Spa region. Torf Moor Mud has never been processed chemically or thermally to preserve all of it’s benefits as recommended by European Balneotherapy practices.

¹ Moor Mud, BALNEO-peat, moor peat, therapy peat, are different names for high quality, matured peat that is suitable for hydrotherapy according to European Balneotherapy standards.
² Lazně or bad mean Health spa in Czech & German language respectively, underscoring the importance of this industry to those towns.
³ Listed conditions are commonly treated by peat therapy in health spas of Central Europe. These claims were not evaluated by FDA. This document is not intended to diagnose or treat any disease.
Who is Torf?
Torf, LLC is the exclusive importer and distributor of the Moor Mud (BALNEO-Peat) natural therapy products and skin care from the Czech Republic. Our main supplier - Torf Krasno is the major supplier of Moor Mud to spas in the Czech Republic and other European countries and around the world. The biggest spas in spa resort towns of Europe such as Karlovy Vary (Carlsbad), Mariánské Lázně (Marienbad) or Františkovy Lázně (Franzenbad) are among Torf’s many customers. Spas such as Harfa Spa in the beautiful Grand hotel Pupp (seen in the movie “Last vacation”) in Karlovy Vary that also treats heads of states and royalty.

Every year hundreds of thousands procedures are made with Torf products in Europe alone. Torf Moor Mud is harvested in clean area free of pollution in the western part of the Czech Republic. Tradition of balneotherapy using Moor Mud in the Czech health spas is 200 years old. Basis of current scientific research into peat and mud therapies was laid down in 1938 by establishment of Research Institute of Balneotherapy in Františkovy Lázně, Czech Republic.

Central European practices in balneotherapy require materials used in therapy to be in their natural, unaltered form. To retain the maximum healing power, therapy grade Moor Mud has to be in its natural form, never dried (heating and drying destroys Moor Mud’s cellular structure and most of its thermal benefits), free of preservatives and additives and appropriately matured (humified). Lower pH is a typical mark of Moor Mud’s required maturity.

Due to it’s lower pH, Torf Czech Moor has more noticeable interaction with human skin and is preferred by naturopathic health practitioners to out Hungarian Moor.

Organic Moor Mud from Hévíz, Hungary
This Moor Mud is a new addition to Torf’s offering. Organic Hévíz Moor Mud is the very same mud used by Hévíz medicinal Spa Hospital (St. Andrew’s State Hospital for Rheumatology and Rehabilitation). The warm and mineral rich waters and mud of Hévíz Lake have been know since Roman times. It is the largest thermal mineral spring lake in the world. As the majority old, well-known European Spas, Hévíz Spa started to develop in the 19th century. It came to prominence after World War I. Ever since, Hévíz Spa has been the most important medicinal spa in Hungary and is visited by tens of thousands of patients every year. The lake’s water temperature ranges from 74F in winter to 95F in summer. The curative effect of the mud is especially strong. The mud type falls between the purely inorganic clay and the organic fango, with high organic content - beneficial humic & fulvic acids. It contains 20% of organic components, so its heat storing capacity is very high. Main components are the decomposed different plant fibers and minerals from natural springs. Its inorganic part consists mainly of calcium and magnesium carbonates and sulfates.

In St. Andrew’s State Hospital for Rheumatology and Rehabilitation, Hévíz Moor Mud is used in packs for pain management and injury rehabilitation and treatment of chronic rheumatic diseases. Its humic and fulvic acids are beneficial in skin detoxification and cleansing. Bio-available minerals: Calcium, Magnesium and Sulfides help to remineralize tissues. *

* Products were not evaluated by FDA. This web site is not intended to diagnose or treat any disease.
About Moor Mud therapy
For 200 years Moor Mud³ has been a large part of scientific use in balneotherapy in European health spa resorts and sanatoriums. Throughout this time various applications of Moor Mud have been developed, including brine baths, body or local packs to internal tampons that treat some conditions in women, etc. The natural minerals and medicinal properties of Moor Mud are absorbed via the skin. Moor Mud promotes circulation, reduces tissue inflammation, stimulates the immune system¹, promotes muscular relaxation, relieves pain, breaks down fat cells and improves range of motion. Presence of some hormones (estrogen) promotes hormonal balance².

In addition to these benefits, recent studies suggest that humic and fulvic acids that form significant portion of Moor Mud have chelating properties. Although humic acids are the vehicle that transports needed minerals to cells in plants, they were shown to bind with heavy metals and other toxins in a such way that they prevent their absorption by cells. Forming very strong bonds with toxins, humic and fulvic acids form large molecules that make toxins unavailable³.

Results in the latest research worldwide have shown that Moor Mud extract baths are very effective when compared to more common thick natural Moor Mud baths. The baths contain a high concentration of beneficial humic substances and minerals extracted from Moor Mud.

Torf Therapeutic Bath is made by extracting highly beneficial components exclusively from 100% natural European Moor Mud that is certified for Balneotherapy by European health authorities responsible for regulation of natural healing substances. On the top of other benefits Torf Therapeutic Bath helps to detoxify the body and to restore skin’s natural functions. Properly functioning healthy skin has a strong positive influence on body’s overall health. **

Application: detoxification, support therapy in treatment of pains in joints, muscles, back and for improvement in local blood flow. The bath has positive effect on skin problems, helps to relieve skin irritation and itching, strengthens skin protective acidic layer (humic acids) and supports blood flow. The bath has rejuvenating and toning effects on the skin, helps to relieve stress and regenerate the body’s overall well being. Wraps are used when bath can not be performed or when performing a localized treatment.

Ingredients: Moor Mud Extract, Organic Sunflower Oil, Lethinec, Vitamin A, E, F, Pine Essential Oil (in scented version)

Baths and wraps using additives:
These treatments are used to boost effects in specific areas. Humic acids in the Torf Therapeutic Bath intensify effects of particular additive on the body.

Essential oils: add 4 to 6 drops of 100% natural essential oil into the prepared Torf Therapeutic Bath and mix well. Lavender - stress relief, migraines, calming Rosemary - muscle and joint pain relief Peppermint - refreshing, tiredness relieve

Tea tree oil - ACNE, anti-fungal, cleanser and natural disinfectant Dead Sea salt: helps to boost relief in muscle and joint pains, muscle cramps, Eczema breakouts, overall stress.
Bath: Depending on skin sensitivity mix 50 to 250 grams (2 to 9 oz) with 2 quarts of hot water and add to the prepared Torf Therapeutic Bath and mix well in a quart of warm water.

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* Terms Moor Mud, Moor, Peat or BALNEO-Peat refer to the therapeutic grade of moor peat which was tested and certified by the Czech Ministry of Health or other European authorities for use in health spas. Peat grading system was developed by European balneotherapists to assure healing qualities of the peat used in health spa clinics.


³ D. Gandara, R. López, S. Floía, J.M. Antelo and F. Arce. “Cadmium, lead, and copper binding to humic acid and fulvic acid extracted from an ombrotrophic peat bog” J. Cárcar, A. Toth: “3.5 Uptake of micronutrients and removal (detoxification) of toxic heavy metals” - (Moortherapie 2000, Bad-Kissingen, 1999)

CAUTION: Read all instructions. Serious disorders of the central nervous system, acute urthrocystitis, pregnancy, any heart condition, fever, serious inflammatory skin diseases, heat sensitivity, open skin injury, bleeding, oncoids or possible thromboses, please consult with your physician before taking a Moor Mud bath. If you feel too hot and dizzy while in the Moor Mud bath, sit up and place ice on your chest. Slowly stand up, get out of the tub carefully and lay down on your bed. If you have difficulty walking or standing up, assistance is required for this treatment to get out of the bath. This is a therapeutic treatment - not an idle bathing experience.

TORF MOOR THERAPY BATH
MOOR MUD EXTRACT BATH TREATMENT

Bath application:
Adults: Fill up the bathtub with warm water (about 98 -100°F). Add 50 ml (1.7 oz - 4 table spoons) of Torf Therapeutic Bath and mix well. Bathe for 15 to 30 minutes (before water start to feel cold). After the bath, rinse body with clean water and wrap yourself in dry linen. Lay down and rest for ½ hour keeping warm and avoiding drafts. You may perspire for a 30 minutes.

Children 3 to 12 years:
ALWAYS CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT!!!
In a warm bath, 98°F maximum, dissolve 25 ml (half of adult dose) of Torf Moor Mud Therapeutic Bath. Bathe for 5 to 12 minutes. Rinse with clean water and wrap the body in warm blanket. Keep warm and rest for next 30 minutes.

Wrap application:
Add 2 tablespoons of Torf Moor Mud Therapeutic Bath into a quart of warm water. Soak piece of linen (ACE bandages if performing compression wrap) in the mix for 5 to 10 minutes. Wrap client’s body (or treated area when performing local treatment) in soaked linen or bandages and then in the cellophane foil and the heated blanket (several wool blankets also work) and allow the client to rest for 20 - 30 minutes. The client may experience sweating during this period, so keep him/her comfortable by wiping the sweat from face with moist towel.

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In addition to these benefits, recent studies suggest that humic and fulvic acids that form significant portion of Moor Mud have chelating properties. Although humic acids are the vehicle that transports needed minerals to cells in plants, they were shown to bind with heavy metals and other toxins in a such way that they prevent their absorption by cells. Forming very strong bonds with toxins, humic and fulvic acids form large molecules that make toxins unavailable.

Results in the latest research worldwide have shown that Moor Mud extract baths are very effective when compared to more common thick natural Moor Mud baths. The baths contain a high concentration of beneficial humic substances and minerals extracted from Moor Mud.

Torf Therapeutic Bath is made by extracting highly beneficial components exclusively from 100% natural European Moor Mud that is certified for Balneotherapy by European health authorities responsible for regulation of natural healing substances. On the top of other benefits Torf Therapeutic Bath helps to detoxify the body and to restore skin’s natural functions. Properly functioning healthy skin has a strong positive influence on body’s overall health.

Application: detoxification, support therapy in treatment of pains in joints, muscles, back and for improvement in local blood flow. The bath has positive effect on skin problems, helps to relieve skin irritation and itching, strengthens skin protective acidic layer (humic acids) and supports blood flow. The bath has rejuvenating and toning effects on the skin, helps to relieve stress and regenerate the body’s overall well being. Wraps are used when bath can not be performed or when performing a localized treatment.

Ingredients: Moor Mud Extract, Organic Sunflower Oil, Lethinec, Vitamin A, E, F, Pine Essential Oil (in scented version)

Baths and wraps using additives:
These treatments are used to boost effects in specific areas. Humic acids in the Torf Therapeutic Bath intensify effects of particular additive on the body.

Essential oils: add 4 to 6 drops of 100% natural essential oil into the prepared Torf Therapeutic Bath and mix well. Lavender - stress relief, migraines, calming Rosemary - muscle and joint pain relief Peppermint - refreshing, tiredness relieve

Tea tree oil - ACNE, anti-fungal, cleanser and natural disinfectant Dead Sea salt: helps to boost relief in muscle and joint pains, muscle cramps, Eczema breakouts, overall stress.
Bath: Depending on skin sensitivity mix 50 to 250 grams (2 to 9 oz) with 2 quarts of hot water and add to the prepared Torf Therapeutic Bath and mix well in a quart of warm water.

CAUTION: Read all instructions. Serious disorders of the central nervous system, acute urthrocystitis, pregnancy, any heart condition, fever, serious inflammatory skin diseases, heat sensitivity, open skin injury, bleeding, oncoids or possible thromboses, please consult with your physician before taking a Moor Mud bath. If you feel too hot and dizzy while in the Moor Mud bath, sit up and place ice on your chest. Slowly stand up, get out of the tub carefully and lay down on your bed. If you have difficulty walking or standing up, assistance is required for this treatment to get out of the bath. This is a therapeutic treatment – not an idle bathing experience.

* Terms Moor Mud, Moor, Peat or BALNEO-Peat refer to the therapeutic grade of moor peat which was tested and certified by the Czech Ministry of Health or other European authorities for use in health spas. Peat grading system was developed by European balneotherapists to assure healing qualities of the peat used in health spa clinics.


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**Torf 100% Natural Moor Mud**

Hydrotherapy treatment for bath and body application

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**About Torf Natural Moor Mud**

**Torf Moor Mud** is a 100% Natural Organic therapy grade Moor Peat*, in the form of a fine paste. It is an organic substance, the product of natural decomposition of multitudes of plants under special conditions. Unlike other mud used in the spa industry, Moor Mud contains virtually no clay (less than 3%) and consists of organic residue of herbs, flowers and grasses. Over period of thousands of years this residue was transformed into a fine paste that easily dissolves in the water. It has an unusual concentration of humic and fulvic acids, bio-minerals, trace elements, vitamins, amino acids, plant hormones and fatty acids in a molecular form that is easier for the human skin to absorb. Think of it as a plant extract from hundreds or even thousands of plants. Its unusual ability to heal, nourish and detoxify has been observed by people for millennia and used scientifically in European Health Spas since early 19th century. It is used to cure multitudes of ailments from mobility problems, arthritis and hormonal imbalances to post surgery recovery and muscle recovery in sport medicine.

**Torf Moor Mud** is in its unaltered natural state, Czech is enriched with highly beneficial mineral spring waters and salts of the Czech spa region, Hévíz. Moor Mud comes from area of the world’s biggest warm mineral water lake - Lake Hévíz in Hungary.

**Actions and Benefits:** The natural minerals and medicinal properties of Moor Mud are absorbed via the skin. Moor Mud promotes circulation, reduces tissue inflammation, stimulates the immune system, promotes muscular relaxation, relieves pain, breaks down fat cells and improves range of motion. Humic and fulvic acids in Moor Mud have chelating properties. They detoxify body by binding with heavy metals and other toxins.

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**Bath therapy with Torf Moor Mud**

The fine paste structure allows Moor Mud to dissolve in water without any danger of clogging plumbing and is suitable for use in standard non-whirlpool bathtubs. To take a Moor Mud bath, dissolve desired amount (see below) of Moor Mud in the bathtub. Water temperature should be as warm as comfortable (see warning). Due to Moor Mud’s excellent ability to retain temperature, bath temperature remains constant for the duration of the treatment - about 20 minutes. After the bath, shower in warm water without soap or shampoo. Wrap body in a sheet, cover with a blanket and relax for 20 to 30 minutes.

**Pain relief (muscle, lower back or arthritis):** dissolve 250ml to 500 ml of Torf Moor Mud (depending on tub size and the treatment intensity) in a bathtub full of warm/hot water - to your preference (read the warning above). **General use** (detoxification, the skin maintenance or relaxation bath): 250 ml per tub is recommended. **Do not use Moor Mud bath every day.** For best results, use 2 or 3 times a week for a 3 week period. Discontinue for about one week before resuming bath therapy again.

**Body treatments with Torf Moor Mud**

Torf Natural Moor Mud Bath, when mixed with water, can be used as a body wrap or poultice. As such it can be used for general detoxification, pain treatment, skin cleansing, eczema, inch-loss wrap or cellulite reduction. Apply a thin, even layer of warm Moor Mud to the treated area or the whole body. Leave on for about 20 to 30 minutes, wrapped in a thermal blanket or foil, then rinse and relax wrapped in a dry blanket for 20 minutes.

**250ml is good for 1 to 2 wraps.**

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**Adding Moor Mud to other types of body treatments**

Incredible versatility of Moor Mud can be utilized in combination with other popular body wrapping media. For example: Dead Sea mud can be very harsh to some types of skin due to its salts, but mixing it with Moor Mud (50%-50%) smooths out the harshness while boosting the effects. This is due to the way Moor Mud’s humic acids improve mineral absorption.

**Suggestions for body treatment mixes:**

**Anti-bacterial mix** - Moor Mud with strong green tea instead of water.

**Anti-oxidant mix** - Moor Mud with Torf Saproxy clay to create strong anti-bacterial/anti-fungal treatment. Treats psoriasis, eczema and fungi. Strong anti-inflammatory action thanks to high content of humic acids and sulfur.

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**Heating Instructions**

Do not use a microwave oven to heat Moor Mud! Microwaves destroy some of the bactericidal qualities of Moor Mud and can dramatically reduce its effectiveness. To heat Moor Mud, put desired amount in the plastic bag that can be closed waters tight and withstand hot water. Place the bag into a pot filled with warm water (about 110°F) and leave it submerged for about 10 minutes or long enough until the Moor Mud reaches the same temperature. Do not boil!

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**Contraindications**

Serious disorders of the central nervous system, acute urethrocystitis, pregnancy, decompensated cardiopathy, hypertension, serious circulatory disorders, fever, serious inflammatory skin diseases, heat sensitivity, open skin injury, bleeding, oncoids (if there are any complications consult with a physician).

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*Term refers to the therapeutic grade of our moor peat which was tested and certified by the Czech Ministry of Health for use in health spas. Torf Krasno peat bog is declared a Czech National Health Resource. Torf Moor Mud is 100% natural, unaltered therapeutic peat as recommended by European balneotherapy standards and practices. Lab reports available upon request.

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MOOR MUD DETOX TREATMENT AS SIMPLE AS HOT-PACK APPLICATION

Torf Moor Therme packs are made from 100% natural therapy Moor Mud (Balneo-peat). Moor mud has a number of actions and properties. In brief, these actions stimulate blood flow, draw toxins, provide nutrients and provide deep consistent heating.

Stimulating blood flow is necessary when a patient or client complains of muscle stiffness, fatigue, weakened immune function, chronic pain, muscle spasm, cold extremities, chronic injury, poor healing tissues and post-workout soreness.

A lack of blood flow to an area leads to poor oxygenation delivery, poor metabolite removal (such as carbon dioxide, urea, lactic acid), poor nutrient delivery and poor delivery of immune cells. Over time, these problems may lead to joint degeneration, pain, stiffness, cancer, malnutrition and chronic disease.

Moor Mud is rich in humic and fulvic acids, which in Nature provide the vehicle for delivery of minerals and other nutrients. They also have chelatic properties and form strong bonds with heavy metals and toxins to make them impossible for tissues to absorb.

**Application:** Torf mud pack application can be hot or cold depending on when the symptoms began. Two sizes of Torf mud packs allow various treatments:

- **Small pack:**
  - Cervical application: muscle spasm, pain, joint dysfunction, immobility
  - Liver application: stagnant liver flow, mild hepatic pain, yellow tongue
  - Joint application: problems in knee, elbow, wrist, or ankle

- **Medium pack:**
  - Back application: pain, stiffness, immobility, pre-massage, post-massage
  - Joint application: shoulder, hip, sacroiliac, thoracic

**Wound application:** poor healing wound post-op

**Skin treatment:** cellulite reduction, local detoxification

Note: For patients with hypertension, mud packs are welcome as symptoms may be relieved locally with a mud pack application since bathing in hot water may be contraindicated.

**Contraindications:**
- Serious disorders of the central nervous system, acute urethrocystitis, pregnancy, decompensated cardiopathy, hypertension, serious circulatory disorders, fever, serious inflammatory skin diseases, heat sensitivity, open skin injury, bleeding, oncoids (if there are any complications consult with a physician).

Natural moor peat has low heat conductivity and much higher heat retention than other materials used in therapy (5.5 times that of water). This translates into more uniform heat delivery over course of the treatment. This is important for effective heat therapy as it allows for deeper heat penetration without shocking body thanks to the smoother temperature ramp up.
BENEFITS:

- Excellent heat/cold retention = better treatment results
- Very flexible = high comfort
- Weight = promotes better contact and coverage
- Durable construction = years of service
- Filled with 100% natural material = more ecological

Torf HydroPacks are made from a tough plastic filled with the natural peat. This is to take advantage of peat’s ability to retain temperature (5.5 times better than water). This translates into a heating pack that stays hot (or cool) longer while remaining very flexible and comfortable for the wearer.

Why moor peat?
Natural peat has low heat conductivity and much higher heat retention than other materials used in therapy (5.5 times that of water). This translates into uniform heat delivery over the course of treatment. This is important for effective heat therapy as it allows for deeper heat penetration without shocking body thanks to the smoother temperature ramp up.

The use of the Torf mud pack creates significant hyperthermia in the treatment areas that last more than 30 minutes. Connective tissue therapy is much more effective than treatments without the mud packs and patients report feeling significant improvement after sessions and are generally thrilled to obtain so much relief.

Krista Ingerick, BA, LMT
Clifton Springs Hospital, Clifton Springs, NY

“After trying Torf HydroPacks, we replaced all other packs. They are much more comfortable, hold temperature much better and are easy to use. Our clients just love them and even want to take them home. They are Pittsburgh Steelers favorite.”
Angela Baney, PT, CMT

“I believe Moor Mud therapy should be an essential aspect of every acute and chronic musculoskeletal complaint. Moor Mud offers an affordable, environmentally friendly, hands-on therapy that encourages clinician and patient to focus on healing.”
Dr. Kevin Conroy ND, Seattle, WA

Torf HydroPacks sizes:
- Small: 5.5 x 14.5 inches
- Medium: 11.5 x 14.5 inches
- Large: 23 x 14.5 inches

Using a large roaster for heating:
- Use a metal rack to keep packs from touching bottom of the oven directly.
- Fill with water to keep all packs submerged.
- Never use dry oven heating.
- Always check water temperature with thermometer as the oven settings are unreliable.

Heating: Torf HydroPacks are designed to be heated in hot water in a hydrocollator unit or a family size roaster (about 18 quarts)
- Always use thermometer to check heating water temperature!
- Do not freeze the pack! Peat contains water which would freeze after prolonged exposure to freezing temperatures causing the pack become stiff.

Small & medium size packs in practice
Helps to treat Tinea Versicolor, athletes foot, jock itch ..., naturally.

Saprox is a 100% natural anti-fungal clay rich in natural sulfur that offers many benefits to human skin. It is a thousands years old sediment from the bottom of an ancient glacial lake.

Saprox's significant healing effect is inhibiting and preventing growth of fungus and yeast. Saprox contains minerals and substances that are products of the decomposition process without oxygen of organic materials (humic acids, elements of steroid and hormonal nature). These become an important part of Saprox's complex effect.

The anaerobic condition where Saprox exists prevents parasites, fungus and most bacteria from invading the mud deeming it safe to use on skin without open sores. Do not apply Saprox to an open bleeding skin wound. It is fine to use Saprox on small cracks formed by Tinea pedis (athlete's foot).

Saprox can be used on most external fungal infection successfully: **

- Tinea Versicolor
- Tinea Barbae
- Onychomycosis (Tinea Unguium)
- Tinea Capitis
- Tinea Corporis
- Tinea Cruris (Jock Itch)
- Tinea Favosa
- Tinea Nigra
- Tinea Pedis (Athlete's foot)

Action: antifungal, anti-bacterial and anti-inflammatory. Contains water, clay, minerals, humic acids and active sulfur in a natural form. 100% organic - no additives or preservatives.

** These claims were not evaluated by FDA

**Proper Application of Saprox**

Wash and dry application area thoroughly. Shake Saprox container well. Apply to affected area and beyond 100% additional to ensure effectiveness and prevent re-infection. This means if affected area is 1 inch in size, apply enough for 2 inches (exceptions noted below). The application should be an even green layer. Allow Saprox to completely dry which is about 15 minutes. Once dry, wash Saprox off in shower, sink or use a damp washcloth.

Exceptions: If fungus affects more than one toe or toenail, apply to all toes top and bottom to ensure proper treatment. If fungus affects only one toe or toenail, apply to nail and surrounding skin. If fungus affects the body of the foot, apply Saprox to entire foot top and bottom as the foot is a prime environment for fungus.

If application area is sensitive such as the face or groin, one may apply moisturizer afterwards. It is recommended not to apply moisturizer if not necessary; however, if skin becomes sensitive, then moisturizer must be used following each application. Applying a standard moisturizer may aggravate the condition so use Torf Facial Moisturizer as it is the proper skin pH, contains humic acids and does not encourage fungal growth.

**Notes:**

Tinea barbae: It is best to shave prior to application to ensure proper coverage of Saprox on affected areas. Treatment time will be less and outcome effective. If beard is left intact, then fungus may re-infect as complete coverage of affected area may not be possible. If shaving is not an option, pour necessary amount of Saprox to cover treatment area into a small bowl and dilute with a bit of water for a less muddy consistency. Use hands or put on large cloth and apply Saprox fully. Allow Saprox to dry and then shower off well as Saprox will adhere to the beard.

Tinea versicolor: If Saprox dries too quickly, one may rewet the surface with a spray bottle. This allows the sulfur to penetrate more effectively for longer duration. Ideally have someone apply Saprox and rewet it for you to ensure proper coverage if on back or shoulders. Rewetting the Saprox once should be enough. Then allow to dry and wash off.

Tinea pedis: If only one toe is affected, simply apply a small amount on directly on the affected area. Let dry and then wash off. If more than one toe is affected, apply to all toes to prevent cross-contamination. Purchase 100% cotton socks and spray shoes with 1 part bleach to 10 parts water. Wash white socks with bleach.

Tinea cruris: If one is overweight and skin sweaty all day, it may be best to leave Saprox on all day. Purchase 100% cotton boxers for better breathability.

**Volume: 500 ml**

Ideal for treatment of large skin area in case of Tinea Versicolor or health professional’s office.

Disclaimer: The products and the claims made about specific products in this document have not been evaluated by the United States Food and Drug Administration. This document is not intended to diagnose, treat, cure or prevent disease.