



MedRoots Releases Pelvic Pain, unPacked Episode Exploring CBD Muscle Cream and Everyday Muscle Comfort

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MedRoots, a physician-created CBD brand based in Windermere, Florida, has published a new episode of its Pelvic Pain, unPacked podcast that explores topical options for everyday muscle comfort. The company offers CBD Muscle Cream, a non-greasy topical cream that supports muscle comfort after activity, formulated under the medical oversight of Charity Hill, MD, a board-certified physiatrist. In the latest episode of the Pelvic Pain, unPacked podcast, MedRoots turns a plain-spoken conversation toward the products people reach for after a workout, a long shift, or time on their feet, and toward the questions listeners often ask about how topical personal-care products are made.

MedRoots' CBD Muscle Cream is formulated to support muscle comfort after activity, combining full-spectrum hemp CBD with cooling botanicals such as menthol and peppermint in a non-greasy base. The 2 oz jar contains 500mg of full-spectrum CBD and is manufactured to CBDTQM standards using U.S. organically grown hemp, with three rounds of testing that include two independent ISO-accredited third-party laboratories. The episode also explores gate control theory, a concept from sensory science that helps explain how the body registers cooling and warming sensations on the skin, giving listeners a plain-language

look at the ideas behind a familiar shelf category rather than a set of instructions.

The conversation also turns to transdermal formats for people who prefer a wearable option. For that approach, MedRoots offers the Intensity Transdermal CBD Patch, a transdermal CBD patch with lidocaine for targeted, sustained topical comfort, available as a THC-free four-pack with each patch delivering 55mg of CBD alongside 4% lidocaine. The hosts describe reaching for these products not only after intense effort but as part of a steady routine, whether following a training session, time in the garden, or a long day on their feet. Throughout the episode, MedRoots keeps the focus on how these personal-care products fit into an ordinary day, describing them as everyday options for supporting muscle comfort after activity.

"So much of wellness happens quietly, after a long shift or a hard workout, when someone is simply trying to feel like themselves again," said Tamar Hill, co-founder and CEO of MedRoots. "We made this episode to talk plainly about the everyday options people reach for, and to give our community better information about what goes into a topical product and how to fit it into a daily routine." Dr. Hill, who reviews every MedRoots formula, spoke to the manufacturing behind the product. "My focus as medical director is the formulation itself, how it is made and what goes into it," said Charity Hill, MD, medical director and co-founder of MedRoots. "Our muscle cream is a non-greasy topical formulated to support muscle comfort after activity, produced to CBDTQM standards and tested by independent third-party laboratories, and that discipline is what I care about most."

MedRoots was founded in 2021, originally as Pacific Roots, and remains a sister-led, family-founded company. Tamar Hill serves as co-founder and CEO, Charity Hill, MD, as co-founder and medical director, and Brandon Manikowski as president and chief operating officer. The company describes its products as a plant-based approach to personal care, developed with direct medical-director oversight and manufactured in pharmaceutical-grade facilities.

MedRoots ships its full product line to all 50 U.S. states and Washington, D.C. and backs direct purchases with a 30-day money-back guarantee. The company also operates a wholesale practitioner channel serving medical doctors, naturopathic doctors, pelvic floor physical therapists, chiropractors, nurse practitioners, and pharmacists who look for plant-based personal-care products backed by third-party testing.

MedRoots, a physician-created CBD brand, offers CBD Muscle Cream and its broader line of personal-care and wellness products to consumers across the country. More information about the company and its full-spectrum topical products is available at medroots.com. MedRoots plans to continue its educational work through the Pelvic Pain, unPacked podcast, opening plain-spoken conversations about comfort, wellness, and the everyday questions its community cares about.

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MedRoots

MedRoots is your trusted source for high-quality CBD products formulated to promote overall wellness. Our mission is to enhance your well-being through the power of nature.

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