**SYNOPSIS**

Speaking of our innovative soap, SoreTreat, which can heal DOMS, we have conducted extensive research into its manufacturing and function to ensure that it meets our main goal of alleviating the pain commonly associated with DOMS. Our alternative strategy will help a large number of customers treat DOMS without consuming harmful chemical products. We are highlighting a new concept in treating DOMS with SoreTreat, which contains no chemical substances. In short, our product consists of natural ingredients with numerous benefits in treating DOMS.

Research has demonstrated that consuming 3 grams of cinnamon and ginger, on consecutive days for six weeks, effectively reduces muscle soreness (Int J Prev Med, 2013). Supplementation with Curcuma longa extract increases IL-10 concentration after a half-marathon race (Baros et al, 2017). In athletes who cycled for 2 hours, acute curcumin supplementation had no effect on IL-6 concentration (Flavia Rasmussen Faria, 2020). Allicin supplementation has also been shown to blunt increases in plasma CK (including CK-MM), LDH, and IL-16, and relieve muscle soreness (Hui Zhang, 2008). Based on these findings, SoreTreat meets desired standards and is safe for customers to use. These product were made with regular soap making method with the recommended amount and concentration by the journals we studied.