

RELIEF OF ARTHRITIS SYMPTOMS

Information for Health Care Professionals



ARTHRITIS PAIN • JOINT PAIN • RHEUMATIC PAIN

Arnicare® Arthritis tablets offer patients a low-risk choice in relieving minor aches and pains associated with arthritis, including joint pain and rheumatic pain.

Unlike general pain relievers, Arnicare Arthritis targets different joint pain (finger, wrists, etc.), as well as pain triggered by changes in temperature, humidity, and staying stationary or mobile. The formula combines nine homeopathic active ingredients that have been recommended in France for decades.

This convenient first-approach option provides patients and health care professionals a way to manage arthritis pain and control it as soon as it appears. The safety profile allows for administration as soon as pain flares up. When taken at the onset of pain, it may reduce the need for higher doses of painkillers.

The quick-dissolving sublingual tablets may be used in conjunction with Boiron Arnicare Gel, Cream, or Ointment for spot treatment.

Additionally, Arnicare Arthritis may be used to relieve delayed onset of joint aches and pains from physical therapy and other types of activities recommended to patients suffering from arthritis or rheumatic pain.



World Leader in Homeopathic Medicines

BoironUSAhcp.com

MEDICINES¹⁻⁵

Arnicare® Arthritis	Homeopathic symptom-specific action on different types of arthritis and rheumatic pain.	No interactions with other medications, herbs or supplements; non-drowsy.	Very low risk of side effects based on pharmacovigilance.
Acetaminophen	Provides analgesic and antipyretic actions.	Well tolerated; fast acting.	Overdosage induces liver toxicity; interacts with hepatotoxic drugs; use with care in patients with impaired kidney function, as rare serious side effects may occur; may mask other symptoms and delay treatment.
Aspirin and other salicylates	Provides analgesic and antipyretic actions.	Effective on mild pain and inflammation; fast acting.	Increases bleeding time; irritates gastric mucous membrane.
Ibuprofen and other NSAIDs	Provides analgesic and anti-inflammatory actions.	Relieves pain and inflammation; fast acting.	Produces gastrointestinal disturbances; frequent side effects; interacts with other medications.

HERB

Devil's claw (<i>Harpagophytum procumbens</i>)	Provides analgesic, sedative, and diuretic actions.	Used preferably for chronic arthritic pain; well-tolerated.	Interference with ticlopidine and warfarin; increases stomach acidity.
--	---	---	--



PHARMACOLOGY

Arnicare® Arthritis is produced by Boiron using the highest standards and quality control processes. The product's active ingredients are manufactured according to the *Homeopathic Pharmacopoeia of the United States*.⁶

Indications for homeopathic medicines have been determined experimentally and verified by years of empirical use by thousands of physicians. Insight into these traditional indications is gained throughout the years as advances are made in the fields of biochemistry and pharmacology.

This table shows the relationships between the toxico-pharmacological properties of the strain (in blue) and the general indications of its homeopathic dilutions (in red).¹⁻⁵

Arnicare Arthritis targets arthritis pain with different triggering factors and modalities.

Arnicare Arthritis should be used only for its labeled indications.

Leopard's bane (Asteraceae) <i>Arnica montana</i>	Benzoic acid C_6H_5-COOH	Bryony (Cucurbitaceae) <i>Bryonia L.</i>	German chamomile (Asteraceae) <i>Matricaria recutita L.</i>
Sesquiterpene lactones (helenalin and dihydrohelenaline): anti-inflammatory and analgesic action.	Benzoic acid was used to treat gout, but excessive doses lead to erratic joint pain in the wrists, Achilles tendon, and knees.	Cucurbitacin glycosides are structurally similar to corticosteroids.	Flavonoids: anxiolytic (apigenin and luteolin are ligands for the central benzodiazepine receptors); anti-spasmodic effects. Chamazulene (essential oil): anti-inflammatory action by inhibition of leucotriene B4 formation.
Arnica montana 3C	Benzoicum acidum 6C	Bryonia 6C	Chamomilla 12C
Relieves joint pain from overexertion, worsened by touch, motion and damp cold.	Relieve joint pain in the wrists with cracking of the joints; joint pain linked with hyperuricemia.	Relieves joint pain worsened by movement or the slightest touch and improved by rest or applying strong pressure.	Relieves hyperesthesia due to pain, often accompanied by a sensation of numbness and tingling.

Bittersweet nightshade (Solanaceae) <i>Solanum dulcamara</i>	Potassium iodide KI	Wind flower (Renunculaceae) <i>Pulsatilla vulgaris Mill.</i>	Yellow snow rose (Ericaceae) <i>Rhododendron chrysanthum</i>
Contains saponins, which have an antirheumatic effect, and steroid glycoalkaloids responsible for the toxicity.	High dosages induce joint pain, and crushing and stabbing bone pain, especially during the night.	Ranunculoside and saponosides responsible for a variety of effects on mucous membranes and genital and venous systems; plant was used as an antineuralgic.	Grayanotoxin I shows antirheumatic and neurological effects; depolarizes cells by preventing sodium channels from closing.
Dulcamara 6C	Kali iodatum 12C	Pulsatilla 3C	Rhododendron chrysanthum 12C
Relieves joint pain triggered or worsened by damp and cold weather or humidity.	Relieves joint and muscle pain worsened at night and improved by motion.	Relieves finger joint pain (especially the proximal interphalangeal joints) worsened by heat and slow motion.	Relieves rheumatic pain worsened by dry heat, before and during stormy weather, and improved afterwards.

Poison ivy (Anacardiaceae) <i>Rhus toxicodendron</i>
The main active components are urushols, responsible for the rash, but also, in graver cases, for rheumatic pain and stiffness improved by moving the limb.
Rhus tox 6C
Relieves joint pain improved by motion and worsened by humidity.

ADVANTAGES

As a convenient and reliable first choice for relieving symptoms of arthritis and rheumatic pain, Arnicare Arthritis offers many advantages:

- Quick-dissolving tablets absorbed sublingually; no water needed
- Can be taken on an empty stomach
- No known interactions with other medications, herbs or supplements
- Can be taken as soon as pain flares up without risk of digestive side effects
- Allows the patient to manage his pain as soon as it occurs, so the need for painkillers may be delayed or reduced
- Does not cause stomach pain or drowsiness
- Systemic action; can be combined with Arnicare Gel, Cream or Ointment for local relief

References

1. Demarque D, Jouanny J, Poitevin B, Saint-Jean Y. *Pharmacology and Homeopathic Materia Medica*. 3rd ed. Sainte-Foy-lès-Lyon: CEDH; 2007.
2. Martindale W, Reynolds JEF. *Martindale: The Extra Pharmacopoeia*. London: Pharmaceutical Press; 1993.
3. *PDR for Herbal Medicines*. 4th ed. Montvale, NJ: Thomson PDR; 2007.
4. Guernonprez M, Pinkas M, Torck M. *Matière Médicale Homéopathique*. 2nd ed. Sainte-Foy-lès-Lyon: Boiron; 1997.
5. Natural Medicines Comprehensive Database. <https://naturalmedicines.therapeuticresearch.com>. Accessed 2014
6. U.S. Food and Drug Administration. Compliance Policy Guide Sec. 400.400 Conditions Under Which Homeopathic Drugs May be Marketed. www.fda.gov/oc/oc/compliancemanuals/compliancepolicyguidancemanual/ucm074360.htm. Accessed 2017.



Arnicare® Arthritis

60 QUICK-DISSOLVING TABLETS

Drug Facts

Active ingredients

Arnica montana 3C HPUS.....	Relieves joint pain from trauma or overexertion
Benzoicum acidum 6C HPUS.....	Relieves pain in the wrists
Bryonia 6C HPUS.....	Relieves joint pain worsened by movement or the slightest touch
Chamomilla 12C HPUS.....	Relieves sensitivity to pain, tingling and numbing pain
Dulcamara 6C HPUS.....	Relieves joint pains triggered or worsened by damp weather
Kali iodatum 12C HPUS.....	Relieves joint and muscle pains worsened at night
Pulsatilla 3C HPUS.....	Relieves finger joint pain worsened by heat and slow motion
Rhododendron chrysanthum 12C HPUS.....	Relieves rheumatic pain worsened by dry heat
Rhus tox 6C HPUS.....	Relieves joint pains improved by motion and worsened by humidity

The letters HPUS indicate that this ingredient is officially included in the Homeopathic Pharmacopoeia of the United States.

Purpose

Uses ■ temporarily relieves minor aches and pains associated with arthritis

Warnings

Ask a doctor before use in children under 18 years of age.

Stop use and ask a doctor if symptoms persist for more than 7 days or worsen, if new symptoms occur, or if redness or swelling is present because these could be signs of a serious illness.

If pregnant or breastfeeding, ask a health professional before use.

Keep out of reach of children.

Directions

■ Adults 18 years of age and older: At the onset of symptoms, dissolve 2 tablets under the tongue and repeat, if needed, every 15 minutes for 3 more doses. Then dissolve 2 tablets under the tongue every hour until symptoms improve.

Other information

■ do not use if glued carton end flaps are open or if the blister seal is broken ■ store at 68-77° F (20-25° C)

Inactive ingredients

croscarmellose sodium, lactose, magnesium stearate

Questions or comments?

Arnicare.com

BoironUSA.com

Info@Boiron.com

1-800-BOIRON-1

(1-800-264-7661)

Distributed by Boiron Inc.

6 Campus Blvd.

Newtown Square, PA 19073-3267



World Leader in Homeopathic Medicines

BoironUSAhcp.com