### GEL

**Drug Facts**

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<tr>
<th>Active Ingredient</th>
<th>Purpose</th>
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<tr>
<td>Arnica montana</td>
<td>Relieves muscle pain and stiffness due to minor injuries, pain and swelling from injuries, swelling from injuries</td>
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**Warnings**

- temporarily relieves muscle pain and stiffness due to minor injuries, pain and swelling from injuries, swelling from injuries
- reduce pain, swelling and discoloration from bruises

**Uses**

- for the relief of swelling from injuries, pain and stiffness due to minor injuries, discoloration from bruises

**Directions**

- temporarily relieves muscle pain and stiffness due to minor injuries, pain and swelling from injuries, swelling from injuries
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**Other information**

- for centuries, Arnica montana, commonly called a Mountain daisy, has been known for its vulnerary action, but the concentrated plant extracts are unsafe for internal use. Highly diluted homeopathic preparations of Arnica montana, however, are considered safe when used as directed.

Helenalin, the plant’s main active component, interferes with the regulation of genes coding for many inflammatory mediators at a very low cytosol concentration. Swelling and pain from inflammation are therefore reduced. Among other components, polysaccharides stimulate phagocytosis and reduce bruising.

Arnica® topicals use the homeopathic tincture in concentrations that allow for relief of local pain, swelling and bruising from injuries and surgical trauma. Arnica also relieves muscle aches from overexertion.

Thanks to its unique mode of action and variety of preparations, Arnica is the #1 homeopathic topical analgesic recommended by U.S. pharmacists to reduce muscle and joint pain, swelling and bruising.1

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### CREAM

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MEDICINES

**Arnicare topicals** (Arnica montana, leopard’s bane or mountain tobacco)

- **Decreases local pain, swelling and bruising associated with injuries or surgical trauma; reduces muscle aches from overexertion**
- **Unscented; presented in different forms (gel, cream or ointment)**
- **Should not be applied to open damaged skin or mucous membranes; do not use if you are allergic to Arnica**

**Acetaminophen**

- **Analgesic**
- **Well-tolerated; fast-acting**
- **Internal use only; overdosing induces liver toxicity; interacts with other hepatotoxic drugs; use with care in patients with impaired kidney function; may mask other symptoms and delay treatment**

**Aspirin and salicylates**

- **Analgesic; anti-inflammatory**
- **Effective for mild pain and inflammation; fast-acting**
- **Increases bleeding time; irritates gastric mucosa; risk of Reye’s syndrome in children with viral infections**

**Ibuprofen and other NSAIDs**

- **Analgesic; anti-inflammatory**
- **Relieves pain and inflammation; fast-acting**
- **Produces gastrointestinal disturbances; frequent side effects; reacts with other medications**

**Capsaicin**

- **Local analgesic by depletion of presynaptic substance P**
- **No counterirritant effect**
- **External use only; stinging or burning feeling may be experienced locally; delayed action**

**Menthol, camphor, methyl salicylates and other counterirritants**

- **Local analgesics**
- **Long historical use; well-tolerated**
- **External use only; strong medicinal odor; no effect on deep muscles**

**Pharmacology**

**ACTIVE COMPOUNDS**

- Sesquiterpenes lactones: Ester of helenalin and 11,13-dihyrodiol
- Volatile oils: Thymol, thymol esters, free fatty acids
- Polyaccharides with up to 100% galacturonic acid; Caffeic acid derivatives: Chlorogenic acid; 1,5-dicaffeoyl quinic acid
- Flavonoids: Flavanoid and flavonoid glycosides and their aglycones

**ANTI-INFLAMMATORY EFFECTS**

- Micro-molecular concentrations (as low as 10⁻¹⁰M) of helenalin inhibit the activation of transcription factors: NF-κB (transcription factor nuclear kappa-B) and Nrf2 (keap1). These transcription factors are critical for the regulation of important genomic pathways at the transcriptional level.**

**ANTI-ECCHYMOTIC EFFECT**

- Arnica preparations display marked phagocytosis enhancement in vivo, which could explain the rapid disappearance of bruising.

**SAFETY INFORMATION**

- It is important to clearly distinguish the different preparations and concentrations of Arnica with regard to safety. Herbal extracts are concentrated, potentially irritating and unsafe for internal use. Topical forms contain various proportions of herbal extracts and are generally considered safe when used as directed.**

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<td>Volatile oils: Thymol, thymol esters, free fatty acids</td>
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**ANTI-INFLAMMATORY EFFECTS**

Micro-molecular concentrations (as low as 10⁻⁵ M) of helenalin inhibit the activation of transcription factors: NF-κB (nuclear factor kappa-B) and NF-AT (nuclear factor of activated T-cells). NF-κB is a central mediator of the human immune system that regulates the activation of immunomodulatory genes. These genes are for cell adherence molecules, immunoreceptors, inflammatory cytokines and enzymes such as cyclooxygenase II and iNOS synthase. These proteins are involved in the inflammatory process and play a key role in immune defense. The reduction in production of these various mediators of inflammation results in less pain and swelling.

**ANTI-ECCHYMOTIC EFFECT**

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**SAFETY INFORMATION**

It is important to clearly distinguish the different preparations and concentrations of Arnica with regard to safety. Herbal extracts are concentrated, potentially irritating and unsafe for internal use. Topical forms contain various proportions of herbal extracts and are generally considered safe when used as directed. Boiron Arnica topical must not be applied on mucous membranes or open wounds. To relieve pain or reduce bruising affecting large areas, use Arnicare Tablets for systemic action. Homeopathic preparations are highly diluted and are used internally for systemic action without safety issues. Rare cases of allergy to Arnica extracts have been reported. Typically, a rash appears within two hours, with itchiness and, in rare cases, blisters. Patients with allergic terrain or a known allergy to plants of the daisy family (Compositae) should apply Arnica on a small area (the size of a quarter) and wait two hours before using the topical on a larger area. The application of ice or a heating pad in the same area where Arnica has been applied is not recommended.

**EACH FORM OF ARNICARE IS DESIGNED FOR SPECIFIC USES**

For systemic action, extensive bruising or pain affecting large areas, use Arnicare Tablets or Arnica oral pellets. These two medicines contain Arnica montana in safe homeopathic dilutions. Boiron Arnica pellets are available in dilutions of 6C, 30C, 200C, 1M, and Arnicare Tablets contain Arnica 9C. Arnica pellets and tablets complement the action of Arnicare topicals. As expected, one study demonstrated that homeopathic dilutions, such as Arnica 5C, have no significant effect on bleeding time and platelet aggregation.

**REFERENCES USED TO PREPARE THIS DOCUMENT**

5. OTC Sec. 400. 400 Conditions Under Which Homeopathic Drugs May be Marketed. US Food and Drug Administration. Available at www.fda.gov/ora/compliance_ref/cpg/cpgdrg/cpg400-400.html.
GEL | 1.5 oz, 2.6 oz, and 4.1 oz.

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<tr>
<td>1X HPUS-4%</td>
<td>1X HPUS-7%</td>
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The letters HPUS indicate that this ingredient is officially included in the Homeopathic Pharmacopoeia of the United States.

**Uses**

- Temporarily relieves muscle pain and stiffness due to minor injuries, bruises, and swelling from injuries and surgical trauma.
- Reduces pain, swelling and discoloration from bruises.

**Directions**

Apply a thin layer of Arnicare Gel to the treated area immediately before and after use.

**Warnings**

- Avoid contact with eyes, mucous membranes, damaged skin or wounds.
- Do not use if you are allergic to Arnica montana or to any of this product’s inactive ingredients.

**Inactive ingredients**

- Glycerin, purified water, sodium hydroxide, sorbic acid, 1,2-hexanediol, EDTA disodium, glycerin, stearate, purified water, sodium lauroyl macrogolglycerides, pegoxol-7 stearate, purified water, sodium hydroxide, caprylyl glycol, carbomer, cetyl alcohol, caprylyl glycol, carbomer, cetyl alcohol.

Questions or comments?

www.Arnicare.com

info@Boiron.com

Distributed by Boiron Inc.
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