## Drug Facts

### Arnicare Gel 1 oz

**Active ingredient**

- Arnica montana.................... 1X HPUS-7%

**Purpose**

Relieves muscle pain and stiffness due to minor injuries, overexertion, and falls.

**Warnings**

- **For external use only.**
- **Avoid contact with eyes, mucous membranes, damaged skin or wounds.**
- **Keep out of reach of children.**
- If swallowed, get medical help or contact Poison Control right away.

**Directions**

Apply a thin layer of Arnicare Gel to the treated area immediately before or after use. Do not use if glued carton end flaps are open or if the tube seal is broken.

**Inactive ingredients**

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

### Arnicare Cream 1.12 oz, 2.5 oz, and 4.2 oz

**Active ingredient**

- Arnica montana.................... 1X HPUS-7%

**Purpose**

Relieves muscle pain and stiffness due to minor injuries, overexertion and falls.

**Warnings**

- **For external use only.**
- **Avoid contact with eyes, mucous membranes, damaged skin or wounds.**
- **Keep out of reach of children.**
- If swallowed, get medical help or contact Poison Control center right away.

**Directions**

Apply a thin layer of Arnicare Cream to the treated area immediately before or after use. Do not use if glued carton end flaps are open or if the tube seal is broken.

**Inactive ingredients**

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

### Arnicare Ointment 1 oz

**Active ingredient**

- Arnica montana.................... 1X HPUS-7%

**Purpose**

Relieves muscle pain and stiffness due to minor injuries, overexertion and falls.

**Warnings**

- **For external use only.**
- **Avoid contact with eyes, mucous membranes, damaged skin or wounds.**
- **Keep out of reach of children.**
- If swallowed, get medical help or contact Poison Control center right away.

**Directions**

Apply a thin layer of Arnicare Ointment to the treated area immediately before or after use. Do not use if glued carton end flaps are open or if the tube seal is broken.

**Other information**

■ Avoid contact with eyes, mucous membranes, damaged skin or wounds.

**Inactive ingredients**

alcohol, purified water, sodium hydroxide, caprylyl glycol, carbomer, EDTA disodium, glycerin, purified water, sodium hydroxide, EDTA disodium, glycerin, polyethylene glycol, sodium stearate, purified water, sodium hydroxide, caprylyl glycol, carbomer, EDTA disodium, glycerin, polyethylene glycol, sodium stearate.

## Uses

- Temporarily relieves muscle pain and stiffness due to minor injuries, overexertion and falls.
- Relieves muscle pain and swelling from injuries, dislocation from bruises.

## Directions

- Apply a thin layer of Arnicare Gel to the treated area immediately before or after use. If heat or ice is applied, wait 5 minutes before applying Arnicare Gel.
- Apply a thin layer of Arnicare Cream to the treated area immediately before or after use.
- Apply a thin layer of Arnicare Ointment to the treated area immediately before or after use.

## Other information

- Avoid contact with eyes, mucous membranes, damaged skin or wounds.
- Keep out of reach of children.
- If swallowed, get medical help or contact Poison Control center right away.

## Questions or comments?

- Arnicare.com
- info@boiron.com
- 1-800-BOIRON-1 (1-800-264-7661)
- BoironUSA.com
- 1-800-BOIRON-1 (1-800-264-7661)

## PAIN RELIEF

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.

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

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

Arnicare® topicals

DeCREASES LOCAL PAIN, SWELLING AND B auxiliary 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 hepatic toxicity 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.

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.

Ibuprofen and other NSAIDs
Analgesic; anti-inflammatory.
Relieves pain and inflammation; fast-acting. Produces gastrointestinal disturbances; frequent side effects; interacts with other medications.

Menthol, camphor, methyl salicylates and other counterirritants
Local analgesic.
Long historical use; well-tolerated.

External use only; strong medicinal odor; no effect on deep muscles.

MEDICINES

NOW IT WORKS

ADVANTAGES

SIDE EFFECTS/ DISADVANTAGES

PHARMACOLOGY

ACTIVE COMPOUNDS

Sesquiterpenes lactones: esters of helenicin and 1,13-dihydrohelenicin with short-chain fatty acids

Volatile oils: thymol, thymol esters, free fatty acids

Polyaccharides with 65% to 100% galacturonic acid; caffeic acid derivatives: chlorogenic acid; 1, 5-dicaffeoyl quinic acid

Flavonoids: flavone and flavonol glycosides and their aglycones

ANTI-INFLAMMATORY EFFECTS

Micro-molecular concentrations (as low as 10^-15 M) of helenicin inhibit the activation of transcription factors: NF-KB (transcription factor nuclear kappa-B) and NF-AT (nuclear factor of activated T-cells). NF-KB is a central mediator of the human immune system that regulates the activation of immunomodulatory genes. These genes are for cell adhesion molecules, immunoreceptors, inflammatory cytokines and enzymes such as cyclooxygenase II and INO synthase. These proteins are involved in the inflammatory process and play a key role in immune defence. The reduction in production of these various mediators of inflammation results in less pain and swelling.

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. Boiron Arnicare® topicals must not be applied on mucous membranes or open wounds.

To relieve pain or reduce bruising affecting large areas, use Arnicare Tablets or Arnica oral pellets. These two medications contain Arnica montana in homeopathic dilutions. Boiron Arnica pellets are available in dilutions of 6C, 30C, 200C, 1X and 30X, and Arnicare Tablets contain Arnica 6C. Arnica pellets and tablets complement the action of Arnicare topicals. As expected, one study demonstrated that homeopathic dilutions, such as Arnica 6C, have no significant effect on bleeding time and platelet aggregations.9

REFERENCES


**MEDICINES**

**Acetaminophen**
- Analgesic, well-tolerated, fast-acting.
- Increases bleeding time; irritates gastric mucosa; risk of Reye's syndrome in children with impaired liver function.
- May interact with other medications.

**Aspirin and salicylates**
- Analgesic; antipyretic; reduces pain, inflammation; for sprains, ligaments, and tendons.
- Increases bleeding time; irritates gastric mucosa; risk of Reye's syndrome in children with impaired liver function.
- May interact 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.

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

**Menthol, camphor, methyl salicylates, and other counterirritants**
- Local anesthetics.
- Long historical use; well-tolerated.
- External use only; strong medicinal odor; no effect on deep muscles.

**PAIN RELIEF**

**HOW IT WORKS**

**ADVANTAGES**

**SIDE EFFECTS/ DISADVANTAGES**

**ACTIVE COMPOUNDS**

Sequiterpenes lactones: esters of helenalin and 11, 13-dihydrohelenalin with short-chain fatty acids

Volatile oils: thymol, thymol esters, free fatty acids

Polyaccharides with 65% to 100% galacturonic acid; caffeic acid derivatives: chlorogenic acid; 1, 5-dicaffeoyl quinic acid

Flavonoids: flavan and flavonol glycosides and their aglycones

**ANTI-INFLAMMATORY EFFECTS**

Micro-molecular concentrations (as low as 10⁻¹⁰ M) of helenalin inhibit the activation of transcription factors: NF-κB (transcription factor nuclear kappa-B) and NF-κB (nuclear factor activated T-cells). NF-κB is a central mediator of the human immune system that regulates the activation of immunomodulatory genes. These are genes for cell adhesion molecules, immune receptors, inflammatory cytokines, and enzymes such as cyclooxygenases II and NO 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-ECCYMIC EFFECT**

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

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**Each Form of Arnica is Designed for Specific Uses**

For systemic action, concentrated deodorizing to pain affecting large areas, use Arnica Tablets or Arnica oral pellets. These two medications contain Arnica montana in homeopathic dilutions. Boiron Arnica pellets are available in dilutions of 6C, 30C, and 30X, and Arnica Tablets contain Arnica 9C. Arnica pellets and tablets complement the action of Arnica topicals. As expected, one study demonstrated that homeopathic dilutions, each at Arnica 9C, have no significant effect on bleeding time and platelet aggregation.

**Pharmacology**

**ACTIVE COMPOUNDS**

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Volatile oils: thymol, thymol esters, free fatty acids

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**ANTI-INFLAMMATORY EFFECTS**

Micro-molecular concentrations (as low as 10⁻¹⁰ M) of helenalin inhibit the activation of transcription factors: NF-κB (transcription factor nuclear kappa-B) and NF-κB (nuclear factor activated T-cells). NF-κB is a central mediator of the human immune system that regulates the activation of immunomodulatory genes. These are genes for cell adhesion molecules, immune receptors, inflammatory cytokines, and enzymes such as cyclooxygenases II and NO 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.

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**References**


10. Internal use only; overdosing decreases local pain, increases bleeding time; irritates gastric mucosa; risk of Reye's syndrome in children with impaired kidney function; may mask other symptoms and delay treatment.

11. External use only; strong medicinal odor; no effect on deep muscles.
**Uses**

- Temporarily relieves muscle pain and stiffness due to minor injuries, overexertion, and falls
- Relieves muscle pain and stiffness due to minor injuries, overexertion, and falls
- Reduce pain, swelling, and discoloration from bruises
- Relieves muscle pain and stiffness due to minor injuries
- Reduce pain, swelling, and discoloration from bruises
- Reduces pain, swelling, and discoloration from bruises
- Relieves muscle aches from overexertion

**Warnings**

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

**Drug Facts**

- **Active Ingredient**
  - Arnica montana
- **Purpose**
  - Homeopathic Use
- **Uses**
  - Reduces pain, swelling and discoloration from bruises
  - Relieves muscle pain and stiffness due to minor injuries
  - Reduces pain, swelling and discoloration from bruises
  - Relieves muscle pain and stiffness due to minor injuries
  - Reduce pain, swelling, and discoloration from bruises

**Inactive Ingredients**

- Alcohol, carbomer, purified water, white petrolatum US, sodium hydroxide, sorbic acid, 1,2-hexanediol, palmitate, EDTA disodium, glycerin, stearate, purified water, sodium palmitate, EDTA disodium, glycerin, stearate.

**Questions or comments?**

- Arnicare.com
- Info@Boiron.com
- 1-800-BOIRON-1

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**MUSCLE PAIN & STIFFNESS • BRUISING SWELLING FROM INJURIES**

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