PAIN RELIEF
Muscle Aches • Stiffness • Bruising • Swelling

For centuries, Arnica montana, a mountain daisy, has been known for its vulnerary action, but the concentrated plant extracts are unsafe for internal use.

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, thereby, reduced. Among other components, polysaccharides stimulate phagocytosis and reduce bruising.

Arnicare® uses the homeopathic tincture in concentrations that allow for safe and reliable relief of local pain, swelling, and bruising from injuries and surgical trauma. Arnicare is also used by athletes to relieve muscle aches from overexertion.

The micro-dosed homeopathic preparation of Arnica montana pellets is absorbed sublingually for a safe systemic effect on identical symptoms, complementing the action of the topical forms.

Thanks to its unique mode of action and variety of presentations, Arnicare is a safe first choice to reduce pain, swelling and bruising.
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<tr>
<th>Product</th>
<th>How it Works</th>
<th>Advantages</th>
<th>Side Effects / Disadvantages</th>
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<tr>
<td><strong>Arnicare</strong> <em>(Arnica montana, Leopard’s bane, Mountain tobacco)</em></td>
<td>Topical effect; decreases local pain, swelling, and bruising associated with injuries or surgical trauma; reduces muscle aches from overexertion</td>
<td>Very mild odor; presented in different forms (gel, cream, ointment)</td>
<td>Arnicare should not be applied to open wounds or mucous membranes</td>
</tr>
<tr>
<td><strong>Arnica montana homeopathic pellets (6C, 12C, 30C, 200CK)</strong></td>
<td>Systemic effect; decreases local pain, swelling, and bruising associated with injuries or surgical trauma; reduces muscle aches from overexertion</td>
<td>Doesn’t interact with concomitant medicines; doesn’t interfere with testing for controlled or prohibited substances during sports competitions</td>
<td>No known side effects</td>
</tr>
<tr>
<td><strong>Acetaminophen</strong></td>
<td>Analgesic; antipyretic; slightly anti-inflammatory</td>
<td>Well-tolerated; fast-acting</td>
<td>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</td>
</tr>
<tr>
<td><strong>Aspirin and salicylates</strong></td>
<td>Analgesic; antipyretic; anti-inflammatory</td>
<td>Effective for mild pain and inflammation; fast-acting</td>
<td>Increases bleeding time; irritates gastric mucosa</td>
</tr>
<tr>
<td><strong>Ibuprofen and NSAIDs</strong></td>
<td>Analgesic; anti-inflammatory</td>
<td>Relieves pain and inflammation; fast-acting</td>
<td>Internal use only; produces gastro-intestinal disturbances; frequent side effects; interacts with other drugs</td>
</tr>
<tr>
<td><strong>Capsaicin</strong></td>
<td>Local analgesic</td>
<td>No counter-irritant effect</td>
<td>External use only; stinging or burning feeling may be experienced locally; delayed action</td>
</tr>
<tr>
<td><strong>Menthol, camphor, methyl salicylate and other counter-irritants</strong></td>
<td>Local analgesic</td>
<td>Long historical use; well-tolerated</td>
<td>External use only; strong medicinal odor; no effect on deep muscles</td>
</tr>
</tbody>
</table>
Pharmacology

**ACTIVE COMPOUNDS**

- Sesquiterpenes lactones:
  Esters of helenalin and 11, 13-dihydrohelenalin with short chain fatty acids

- Volatile oils:
  Thymol, thymol esters, free fatty acids

- Polysaccharides with 65% to 100% galacturonic acid

- Caffeic acid derivatives:
  Chlorogenic acid; 1, 5-dicaffeoyl quinic acid

- Flavonoids:
  Flavone and flavonol glycosides and their aglycones

**SAFETY INFORMATION**

It is important to clearly distinguish the different presentations 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 on undamaged skin. Boiron topicals must not be applied on mucous membranes or on open wounds. Homeopathic preparations are highly diluted and are used internally for systemic action without safety issues.5-8

As expected, one study demonstrated that homeopathic dilutions, such as Arnica 5C, have no significant effect on bleeding time and platelet aggregation.9

**ANALGESIC EFFECTS**

Arnica preparations have mild analgesic properties due to the action of helenalin and dihydrohelenalin.10

**ANTI-INFLAMMATORY EFFECTS**

Micro-molar concentrations of helenalin inhibit the activation of transcription factors. NF-kB (Nuclear transcription Factor kappa-B) and NF-AT. NF-kB is a central mediator of the human immune system that regulates the activation of immunomodulatory genes. These are genes for cell adhesion molecules, immunoreceptors, inflammatory cytokines, and enzymes such as cyclooxygenase II and iNOS synthase. These proteins are involved in the inflammatory process and play an important role in immune defense.7,8

The reduction in production of these various mediators of inflammation results in less pain and swelling.

**ANTI-ECCHYMOTIC EFFECT**

Arnica's polysaccharides display marked phagocytosis enhancement in vivo, explaining the rapid disappearance of bruising.9

As a safe and reliable first choice for treating muscle aches, stiffness, swelling and bruising, Arnica has many advantages:

**Arnica Cream:** light texture and soothing effect for:

- Post-surgical swelling and hematoma
- Painful joints (wrists, shoulders, knees)
- Backaches
- Sensitive areas (face)

**Arnica Gel:** non-greasy, water-based gel that is quickly absorbed for:

- Post-surgical swelling and hematoma
- Painful bumps and bruises
- Overexerted muscles
- Before, during and after sports
- Physical therapy
- Ultrasound therapy

**Arnica Ointment:** prolonged action for:

- Under bandages
- Sprains, stretched ligaments and tendons

**Arnica Pellets:** internal use for:

- Systemic action
- Relief of pain caused by trauma and overexertion
- Reduction of pain, swelling and bruising
- Complements the topical action of Arnica Cream, Gel and Ointment

**References used to prepare this document:**

3. PDR for Herbal Medicine 3rd edition. Thomson PDR.
ACTIVE INGREDIENTS

Purpose
Trauma, bruises, stiffness, muscle soreness

**Arnica Cream**
Arnica montana 1X HPUS 7%

**Arnica Gel**
Arnica montana 1X HPUS 7%

**Arnica Ointment**
Arnica montana 1X HPUS 4%

**Arnica Pellets**
The most common homeopathic dilutions are 12C and 30C. Other dilutions are also available.

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

INACTIVE INGREDIENTS

**Arnica Cream**
Alcohol, capryly glycol, carbomer, cetyl palmitate, EDTA disodium, glycerin, lauroly macrogolglyceride, pegoxol-7 stearate, purified water, sodium hydroxide, sorbic acid, 1,2-hexanediol

**Arnica Gel**
Alcohol, carbomer, dimethicone copolyol, purified water, sodium hydroxide

**Arnica Ointment**
Alcohol, purified water, white petrolatum USP

**Arnica Pellets**
7.5 mg of lactose and 42.5 mg of sucrose per pellet

USES
For relief of muscle aches and stiffness due to minor injuries, overexertion and falls. Reduces pain and swelling, as well as discoloration from bruising.

DIRECTIONS

**Arnica**
Apply a thin layer of Arnica topical to affected area as soon as possible after minor injury. Repeat 3 times a day or as needed.

**Arnica Pellets**
Adults and children: Dissolve 5 pellets in the mouth 3 times a day until relieved or as directed by a doctor.

WARNINGS

Arnica
- For external use only
- Avoid contact with eyes and with open wounds
- Do not use if tube seal is broken
- Stop use and ask a doctor if condition persists for more than 3 days or worsens
- Keep out of reach of children
- If swallowed, seek professional assistance or contact a Poison Control Center right away

Arnica Pellets
- Do not use if pellet dispenser seal is broken
- Stop use and ask a doctor if condition persists for more than 3 days or worsens
- Keep out of reach of children
- If pregnant or breast-feeding, ask a doctor before use

OTHER INFORMATION
- Store at 68-77°F (20-25°C)

QUESTIONS, COMMENTS?
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