Pain Relief

Arnicare®

Minor Trauma Overexertion Muscle Pain*

Free of parabens • Unscented

GEL: Non-greasy, quickly absorbed, water-based with a cooling effect
CREAM: Lubricating texture for massaging sore areas
OINTMENT: Heavier, water-proof texture to stay in contact with the skin longer
TABLETS: For systemic action such as extensive bruising, overall stiffness or muscle pain
TABLETS: No known interaction with other medications, herbs or supplements

Did You Know?

Arnica montana, also known as Leopard’s bane, is a Mountain daisy that has been used for centuries. Today it is one of the most popular homeopathic medicines in the world. Boiron uses fresh plants sustainably harvested in their natural habitat, according to strict guidelines to maintain the plants’ medicinal properties.

Homeopathic Arnica above 3X is the only form of Arnica that can be taken orally.

BOIRON®
World Leader in Homeopathic Medicines

Arnicare.com

Warnings: When using these products, use only as directed. Do not use Arnicare topicals if you are allergic to Arnica montana or to any of the product’s inactive ingredients. Always read and follow label directions.
How to Use Arnicare®

Use Arnicare as soon as possible after overexertion or minor injury. If you are using the RICE (rest, ice, compression and elevation) method, apply the ice for 20 minutes, dry the area and then apply Arnicare. Tablets can be taken immediately.

Do not combine Arnicare with other topicals or heat or cold pads that could modify its normal absorption by the skin.

Use Arnicare Tablets or Arnica 30C pellets for extensive bruising or general stiffness.**

Use Arnicare Arthritis Tablets for flare-ups of arthritis pain.

More about the Formula:

**ARNICARE GEL**
Quickly absorbed and cooling, this non-greasy, water-based gel is best for quick relief just after an injury, intense workout or general overexertion.*

**ARNICARE CREAM**
This lubricating texture is best for massaging sore or stiff muscles, especially painful wrists, neck, shoulders and the lower back.*

**ARNICARE OINTMENT**
This heavier, waterproof texture stays in contact longer with the skin for prolonged absorption, making it best for stretched ligaments or sprains.*

**ARNICARE TABLETS**
This oral form is suitable for extensive bruising, general muscle pain and stiffness from overexertion or minor trauma, or if the skin is damaged.* The tablets can be taken along with the topical forms.

*These “Uses” have not been evaluated by the Food and Drug Administration.
**C, K, CK, and X are homeopathic dilutions: see BoironUSA.com/info for details.

More References:
- Arnicare.com
- Free online training at BoironUSA.com
- Free downloadable Boiron Medicine Finder app for the most up-to-date protocols
- Easy Guide to Homeopathy
- Homeopathic Solutions Made Easy for 48 easy protocols for self-medication