

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.

Product ^{1,2,3}	How it Works	Advantages	Side Effects / Disadvantages
Arnica (<i>Arnica montana</i> , <i>Leopard's bane</i> , <i>Mountain tobacco</i>)	Topical effect; decreases local pain, swelling, and bruising associated with injuries or surgical trauma; reduces muscle aches from overexertion	Very mild odor; presented in different forms (gel, cream, ointment)	Arnica should not be applied to open wounds or mucous membranes
Arnica montana homeopathic pellets (6C, 12C, 30C, 200CK)	Systemic effect; decreases local pain, swelling, and bruising associated with injuries or surgical trauma; reduces muscle aches from overexertion	Doesn't interact with concomitant medicines; doesn't interfere with testing for controlled or prohibited substances during sports competitions	No known side effects
Acetaminophen	Analgesic; antipyretic; slightly anti-inflammatory	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; antipyretic; anti-inflammatory	Effective for mild pain and inflammation; fast-acting	Increases bleeding time; irritates gastric mucosa
Ibuprofen and NSAIDs	Analgesic; anti-inflammatory	Relieves pain and inflammation; fast-acting	Internal use only; produces gastro-intestinal disturbances; frequent side effects; interacts with other drugs
Capsaicin	Local analgesic	No counter-irritant effect	External use only; stinging or burning feeling may be experienced locally; delayed action
Menthol, camphor, methyl salicylate and other counter-irritants	Local analgesic	Long historical use; well-tolerated	External use only; strong medicinal odor; no effect on deep muscles

Pharmacology



ACTIVE COMPOUNDS¹

- **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.²⁻⁴

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

ANALGESIC EFFECTS

Arnica preparations have mild analgesic properties due to the action of helenalin and dihydrohelenalin.⁶

ANTI-INFLAMMATORY EFFECTS

Micro-molar concentrations of helenalin inhibit the activation of transcription factors. NF- κ B (Nuclear transcription Factor kappa-B) and NF-AT. NF- κ B 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 iNO 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, Arnicare has many advantages:

Arnicare Cream: light texture and soothing effect for:

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

Arnicare 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

Arnicare 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 Arnicare Cream, Gel and Ointment

References used to prepare this document:

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3. *PDR for Herbal Medicines*. 3rd edition. Thomson PDR.
4. U.S. Food and Drug Administration. Sec. 400.400. Conditions Under Which Homeopathic Drugs May be Marketed (CPG 7132.15). Available at www.fda.gov/ora/compliance_ref/cpg/cpgdrg/cpg400-400.html.
5. Baillargeon L., et al. Effects of Arnica montana on blood coagulation. Clinical randomized study. (Translated from French). *Le Medecin de Famille Canadien* 30 (Nov. 1993).
6. Wichtl M. Arnicae flos. *Herbal Drugs and Phytopharmaceuticals*. CRC Press, Boca Raton, FL, 1994:54-59.
7. Lyss G, Schmidt TJ, Merfort I, Pahl HL. Helenalin: an anti-inflammatory sesquiterpene lactone from Arnica selectively inhibits transcription factor NF- κ B. *Biol. Chem*, 378:951-61, 1997.
8. Merfort, I. Arnica: New Insights on the Molecular Mode of Action of a Traditional Medicinal Plant (Translated from German). *Forsch Komplementärmed Klass Naturheilkd* 2003; 10 (suppl. 1): 45-48.
9. Puhlmann J. Immunological active polysaccharides of Arnica montana cell cultures. *Phytochemistry* 1991;30(4):1141-145.

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, caprylyl glycol, carbomer, cetyl palmitate, EDTA disodium, glycerin, lauroyl macroglycerides, 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 topicals 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.



Arnica Pellets
(Approx. 80 pellets per tube)



Arnica Ointment
1 oz.



Arnica Cream
1.33 oz. and 2.5 oz.



Arnica Gel
1.5 oz. and 2.6 oz.

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?

Visit us at: www.boironusa.com and www.arnicare.com

E-mail us at: info@boironusa.com

Call us toll-free at: 1-800-BOIRON-1 (1-800-264-7661)

Write us at:

Boiron Information Center
6 Campus Boulevard
Newtown Square, PA 19073-3267

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