

HOMEOPATHIC MEDICINE USED FOR PAIN RELIEF* ARNICARE®

Information for Health Care Practitioners

***Muscle & Joint Pain • Swelling from Injuries • Bruising
Back Stiffness • Bumps & Oedema**

For Adults & Children from 2 Years Old

Both topical and oral Arnicare medicines can be combined



Topicals for targeted application

- Quickly absorbed **Gel**
- Non-greasy **Cream**
- Cooling sensation
- Well-suited for massage of sore muscles

Oral for overall relief

- Quick-dissolving **Tablets**
- Convenient to use: does not require water

Paraben-free • Fragrance-free • No camphor • No menthol
• Nonsteroidal anti-inflammatory drug (NSAIDs)-free



WORLD LEADER IN HOMEOPATHIC MEDICINES
www.boiron.ca

These homeopathic medicines may not be right for everyone. Always read and follow the label.

Over 90 years of experience in manufacturing homeopathic medicines

INDICATION

Homeopathic medicine for the relief of muscle and joint pain. Eases resorption of bruises, contusions and inflammatory oedema caused by falls, blows, blunt injury or surgery.

MEDICINAL INGREDIENTS*

ARNICA MONTANA (Mountain daisy) MT	Trauma, falls and blows, muscle aches, resorption of bruises
BRYONIA (Bryony) MT	Swelling and inflammation due to trauma, painful joints and ligaments, stiffness
CALENDULA OFFICINALIS (Marigold) MT	Muscular trauma
LEDUM PALUSTRE (Wild rosemary) MT	Trauma, resorption of bruises

The mother tincture (MT) is a raw material extract obtained by maceration into a hydro-alcoholic solution.

NON-MEDICINAL INGREDIENTS

ARNICARE® GEL

Purified water, alcohol, carbomer 980, sodium hydroxide.

ARNICARE® CREAM

Purified water, PEGoxol 7 stearate, lauroylpolyoxyglycerides, glycerine, cetyl palmitate, 1,2-hexanediol, caprylyl glycol, sorbic acid, carbomer 980, sodium hydroxide, edetate disodium.

DOSAGE

Adults and children from 2 years old

Apply a thin layer of Arnicare® Gel or Cream on the affected area as soon as possible. Massage gently until complete penetration. Repeat up to 3 times per day or as recommended by a health care practitioner. For external use only; do not use on mucous membranes, the eyes, an oozing dermatosis, an infected lesion, a wound or occlusive bandages.

WARNINGS

Consult a health care practitioner if symptoms persist or worsen. Do not use if you are allergic to plants of the following families: Asteraceae (daisies), Cucurbitaceae (pumpkins, cucumbers), Ericaceae (heathers) or to non-medicinal ingredients. Rare cases of skin rash have been reported. Keep out of reach of children.

PRESENTATION

- ARNICARE® GEL: tube of 75 g or 120 g | ARNICARE® CREAM: tube of 70 g
- Does not require any special storage conditions

* For each medicinal ingredient, the claims authorized for product licensing are based on the established effects listed in traditional homeopathic references.



MUSCLE & JOINT PAIN,
SWELLING & BRUISING

ARNICARE® GEL

DIN-HM 80030403



MUSCLE & JOINT PAIN,
SWELLING & BRUISING

ARNICARE® CREAM

DIN-HM 80030167



Over 90 years of experience in manufacturing homeopathic medicines

INDICATION

Homeopathic medicine that eases resorption of bruises, contusions, and inflammatory oedema (bumps) caused by falls, blows, blunt injury or surgery. Relieves muscle and joint pain.

MEDICINAL INGREDIENTS*

ARNICA MONTANA (Mountain daisy) MT	Trauma, falls and blows, muscle aches, resorption of bruises
BRYONIA (Bryony) MT	Swelling and inflammation due to trauma, painful joints and ligaments, stiffness
CALENDULA OFFICINALIS (Marigold) MT	Muscular trauma
LEDUM PALUSTRE (Wild rosemary) MT	Trauma, resorption of bruises

The mother tincture (MT) is a raw material extract obtained by maceration into a hydro-alcoholic solution.

NON-MEDICINAL INGREDIENTS

Purified water, alcohol, carbomer 980, sodium hydroxide.

DOSAGE

Adults and children from 2 years old

Apply a thin layer of Arnicare® Bruise on the affected area as soon as possible. Massage gently until complete penetration. Repeat up to 3 times per day or as recommended by a health care practitioner. For external use only; do not use on mucous membranes, the eyes, an oozing dermatosis, an infected lesion, a wound or occlusive bandages.

WARNINGS

Consult a health care practitioner if symptoms persist or worsen. Do not use if you are allergic to plants of the following families: Asteraceae (daisies), Cucurbitaceae (pumpkins, cucumbers), Ericaceae (heathers) or to non-medicinal ingredients. Rare cases of skin rash have been reported. Keep out of reach of children.

PRESENTATION

- Tube of 45 g
- Does not require any special storage conditions

* For each medicinal ingredient, the claims authorized for product licensing are based on the established effects listed in traditional homeopathic references.



BUMPS, ŒDEMA, SWELLING

ARNICARE® BRUISE**

DIN-HM 80030403

**A formulation identical to Arnicare Gel



INDICATION

Homeopathic medicine for the relief of pain, stiffness (tension) in muscles and joints caused by minor traumas, physical activity or overexertion. Relieves painful back stiffness.

MEDICINAL INGREDIENTS*

ARNICA MONTANA (Mountain daisy) MT	Muscles fatigue and pain after strenuous physical effort.
BRYONIA (Bryony) MT	Painful back and joints stiffness. Swelling and inflamed joints.
CALENDULA OFFICINALIS (Marigold) MT	Soothe traumatic muscular pain. Relieve muscular fatigue after exertion.
LEDUM PALUSTRE (Wild rosemary) MT	Painful back and joints stiffness.

The mother tincture (MT) is a raw material extract obtained by maceration into a hydro-alcoholic solution.

NON-MEDICINAL INGREDIENTS

Purified water, alcohol, carbomer 980, sodium hydroxide.

DOSAGE

Adults and children from 2 years old

Apply a thin layer on the affected area as soon as possible. Massage gently. Repeat up to 3 times a day or as recommended by a health care practitioner. If the application on joints is uncomfortable, apply next to the joint and gently massage on the affected area.

WARNINGS

For external use only; do not apply to the mucous membranes, the eyes, an oozing dermatosis, an infected lesion, a wound or occlusive bandages. Consult a health care practitioner before use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms persist or worsen. Do not use if you are allergic to plants of the following families: Asteraceae (daisies), Cucurbitaceae (pumpkins, cucumbers), Ericaceae (heathers) or to non-medicinal ingredients. Rare cases of skin rash have been reported. Keep out of reach of children.

PRESENTATION

- Tube of 45 g
- Does not require any special storage conditions

* For each medicinal ingredient, the claims authorized for product licensing are based on the established effects listed in traditional homeopathic references.



MUSCLE & JOINT PAIN, BACK STIFFNESS

ARNICARE® ROLL-ON

DIN-HM 80111644



ON - OFF SYSTEM

- The perfect gesture for auto-massage on tensions.
- ON/OFF system to deliver the ideal dose of gel & keeps hands clean.
- Stainless steel roller-ball, strong and durable over time.



INDICATION

Homeopathic medicine for the relief of muscle and joint pain. Eases resorption of bruises, contusions and inflammatory oedema caused by falls, blows, blunt injury or surgery.

MEDICINAL INGREDIENTS*

APIS MELLIFICA (Honeybee) 9CH	Inflammation and swelling due to trauma, painful joints
ARNICA MONTANA (Mountain daisy) 9CH	Trauma, falls and blows, muscle aches, resorption of bruises
CALENDULA OFFICINALIS (Marigold) 5CH	Muscular trauma
CINCHONA OFFICINALIS (Red cinchona) 5CH	Painful joints
HYPERICUM PERFORATUM (St John's wort) 15CH	Neuralgic pain



**MUSCLE & JOINT PAIN,
SWELLING & BRUISING**

ARNICARE® TABLETS
DIN-HM 80029999



NON-MEDICINAL INGREDIENTS

Lactose, croscarmellose sodium, magnesium stearate.

DOSAGE

Adults and children from 2 years old

Allow tablets to dissolve under the tongue.
Take 2 Arnicare® tablets, 3 times per day.
Reduce with improvement.

* For each medicinal ingredient, the claims authorized for product licensing are based on the established effects listed in traditional homeopathic references.

WARNINGS

Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.

PRESENTATION

- 60 quick-dissolving tablets
- Does not require any special storage conditions

Arnicare by Boiron: expertise and quality

Arnicare® homeopathic medicines contain Arnica montana, which is also known as Mountain Daisy. Its therapeutic properties have been used for centuries.

BOIRON IS COMMITTED TO:

- **Protecting the Arnica montana species:** The Arnica plants are selected and harvested by skilled botanists.
- **Ensuring the quality of the medicinal ingredients:** Only the whole and freshly harvested Arnica plant is used in order to safeguard the quality of its properties.
- **Ensuring the quality of the manufacturing process:** All Arnicare® medicines are manufactured in accordance with strict pharmaceutical quality control standards.

BOIRON ARNICA AROUND THE WORLD

- Boiron's Arnica gels have been marketed for more than 30 years in 28 countries.
- 13 million tubes of gel and cream were sold in the world in 2022.



Over 90 years of experience in manufacturing homeopathic medicines



PHARMACOLOGY OF THE ARNICA MONTANA PLANT

PLANT'S 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:**
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 distinguish the preparations suited for topical use and those tailored to oral/internal use.

Arnica montana's mother tincture is a plant extract and as with many plant extracts, it can potentially be toxic. Internal use is not recommended and can be dangerous. Arnica's mother tincture is found to be safe for topical use when properly dosed and applied on undamaged skin.

On the other hand, homeopathic dilutions of Arnica montana are deconcentrated which makes them safe to use²⁻⁴. In regards to a potential impact on blood coagulation, one study demonstrated that internal use of Arnica montana 5CH has no significant effect on bleeding time and platelet aggregation⁵. Homeopathic dilutions of Arnica montana are used internally for systemic action.

ANALGESIC EFFECTS

Arnica montana preparations have mild analgesic properties due to the action of helenalin and dihydrohelenalin^{6,7}.

BOIRON'S COMMITMENT

Boiron is a pharmaceutical company founded in France almost a century ago. Each and every one of our medicines is made according to our tradition of excellence using strict control and quality standards. Boiron is committed to funding scientific research, educating the public and health care practitioners on homeopathic medicines as well as providing them with high-quality health solutions.

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^{8,9}. The reduction in production of these various mediators of inflammation results in less pain and swelling.

ANTI-ECCHYMOTIC EFFECTS

Arnica's polysaccharides display marked phagocytosis enhancement in vivo, explaining the rapid disappearance of bruising¹⁰.

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