

PROCEDURE RECOVERY



Information for **Health Care Professionals**

BRUISES • SWELLING • PAIN

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. 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 may stimulate phagocytosis and reduce bruising.

The **Arnicare**® line of oral and topical medicines are prepared in homeopathic concentrations that allow relief of **bruising, swelling, and pain** associated with medical procedures.

Thanks to its unique mode of action and variety of preparations, Arnicare is the **#1 homeopathic topical analgesic brand recommended by U.S. pharmacists.**¹

Health care professionals can purchase Arnicare medicines for procedure recovery direct from Boiron.


BOIRON®
World Leader in
Homeopathic Medicines
BoironUSA.com/hcp

MEDICINES

<p>Arnicare® topicals and pellets <i>(Arnica montana, leopard's bane, or mountain tobacco)</i></p>	<p>Decreases local pain, swelling, and bruising associated with medical procedures.</p>	<p>Presented in different forms (gel, cream, or oral pellets); fragrance-free topicals are absorbed through the skin for direct local action; pellets have systemic action and will not interact with other medications, herbs, or supplements.</p>	<p>Do not use if you are allergic to Arnica; topicals should not be applied to eyes, mucous membranes, wounds and damaged or irritated skin, or used under bandages.</p>
<p>Acetaminophen</p>	<p>Analgesic.</p>	<p>Well tolerated; fast acting.</p>	<p>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.</p>
<p>Aspirin and salicylates</p>	<p>Analgesic; antipyretic; anti-inflammatory.</p>	<p>Effective for mild pain and inflammation; fast acting.</p>	<p>Increases bleeding time; irritates gastric mucosa; risk of Reye's syndrome in children with viral infections.</p>
<p>Ibuprofen and other NSAIDs</p>	<p>Analgesic; anti-inflammatory.</p>	<p>Relieves pain and inflammation; fast acting.</p>	<p>Produces gastrointestinal disturbances; frequent side effects; interacts with other medications.</p>

SUPPLEMENTS

<p>Bromelain</p>	<p>Contains proteolytic enzymes, which remove dead tissue only when used topically as digestion destroys this activity; may have anti-inflammatory effect when used orally.</p>	<p>Possibly safe.</p>	<p>Interacts with anti-coagulant drugs; may cause stomach upset and diarrhea; increases the risk of bleeding during and after surgery; possible allergic reaction in patients sensitive to pineapple or who have other allergies.</p>
<p>Vitamin K topicals</p>	<p>Regulates blood coagulation and clot formation.</p>	<p>Possibly safe when used topically up to two weeks.</p>	<p>None known.</p>
<p>Zinc <i>(zinc gluconate or acetate)</i></p>	<p>May enhance reepithelization and collagen synthesis; decreases inflammation and inhibits bacterial growth.</p>	<p>Well tolerated; likely safe.</p>	<p>May cause abdominal cramps, nausea, diarrhea, and metallic taste in mouth at high doses.</p>



HOMEOPATHIC MEDICINES AND DIETARY SUPPLEMENTS

In the U.S., homeopathic medicines are regulated as drugs, as opposed to food or dietary supplements. This type of regulation ensures homeopathic medicines have clear and specific indications for use. Boiron's medicines are produced using the highest standards of pharmaceutical manufacturing, which is recognized as the most stringent level of current Good Manufacturing Practices among health products.

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 aglycones⁷

ANALGESIC EFFECTS

Arnica preparations have mild analgesic properties due to the action of helenalin and dihydrohelenalin.⁸

ANTI-INFLAMMATORY EFFECTS

Micro-molar concentrations (as low as 10^{-20} μ M) of helenalin inhibit the activation of transcription factors: NF- κ B (transcription factor nuclear kappa-B) and NF-AT (nuclear factor of activated T-cells). 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 a key role in immune defense.^{8,9} 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, which could explain the rapid disappearance of bruising.¹⁰

The Boiron Arnicare line should be used only for its labeled indications.

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 to eyes, mucous membranes, wounds and damaged or irritated skin, or used under bandages. To relieve pain or reduce bruising affecting large areas, use Boiron Arnica pellets for systemic action. Homeopathic preparations are highly diluted and are used internally for systemic action without safety issues.⁴⁻⁶

Rare cases of allergy to Arnica extracts have been reported. Typically, a rash appears within two hours, with itchiness and, in rare cases, blisters. Patients with allergic predisposition or a known allergy to plants of the daisy family (Compositae) should apply Arnicare on a small area (the size of a quarter) and wait two hours before using the topical on a larger area. It is recommended to wait five minutes before applying Arnicare on areas where heat or ice is used.

EACH FORM OF ARNICARE IS DESIGNED FOR SPECIFIC USES

Arnica pellets complement the action of Arnicare topicals. As expected, one study demonstrated that homeopathic dilutions, such as Arnica 5C, have no significant effect on bleeding time and platelet aggregation.¹¹

For internal use: Dissolve 5 pellets under the tongue 3 times a day, starting 2 days prior to surgery. Continue with this dosage post-procedure until symptoms are relieved.

For external use: Apply a thin layer of the product to affected area as soon as possible after procedure. Avoid contact with eyes, mucous membranes, wounds, and damaged or irritated skin.



Arnicare CREAM

Light texture and suitable for massage when appropriate:

- ✓ For post-surgical swelling and hematoma
- ✓ Ideal on sensitive areas including the face
- ✓ Moisturizing and fragrance-free

Arnicare GEL

Cooling gel that is quickly absorbed by the skin:

- ✓ For post-surgical swelling and hematoma
- ✓ Ideal on large areas of the body
- ✓ No greasy or sticky residue

Arnicare PROCEDURE RECOVERY KIT

Three tubes of Arnica montana 12C pellets:

- ✓ For systemic action or extensive bruising and swelling
- ✓ Use before and after procedures
- ✓ Contains 15 days of treatment

References

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3. Martindale W, Reynolds JEF. *Martindale: The Extra Pharmacopoeia*. London: Pharmaceutical Press; 1993.
4. *PDR for Herbal Medicines*. 3rd ed. Montvale, NJ: Thomson PDR; 2004.
5. *Drug Products Labeled as Homeopathic: Guidance for FDA Staff and Industry (revised draft)*. U.S. Food and Drug Administration. October 2019. Available at: <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/drug-products-labeled-homeopathic-guidance-fda-staff-and-industry>.
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7. Lyss G, Schmidt TJ, Merfort I, Pahl HL. Helenalin, an anti-inflammatory sesquiterpene lactone from arnica, selectively inhibits transcription factor NF- κ B. *Biological Chemistry*. 1997;378(9):951-961. doi:10.1515/bchm.1997.378.9.951.
8. Merfort I. Arnica: New insights on the molecular mode of action of a traditional medicinal plant (translated from German). *Forsch Komplementarmed Klass Naturheilkd*. 2003;10(1):45-48. doi:10.1159/000071692.
9. Puhlmann J, Zenk M, Wagnert H. Immunologically active polysaccharides of Arnica montana cell cultures. *Phytochemistry*. 1991;30(4):1141-1145. doi:10.1016/s0031-9422(00)95191-4
10. Baillargeon L, Drouin J, Desjardins L, Leroux D, Audet D. The effects of Arnica montana on blood coagulation. Randomized controlled trial. *Le Medecin de Famille Canadien*. 1993;39:2362-2367.



Arnicare®



GEL

1.5 oz, 2.6 oz, and 4.2 oz

Drug Facts

Active ingredient Arnica montana.....
Purpose Relieves muscle pain & stiffness, swelling from injuries, discoloration from bruises

The letters "HPUS" indicate that the component in this product is officially monographed in the Homeopathic Pharmacopoeia of the United States.

Uses

- temporarily relieves muscle pain and stiffness due to:
 - minor injuries
 - overexertion
 - falls
- reduces symptoms of bruising such as:
 - pain
 - swelling
 - discoloration

Warnings

For external use only.

Do not use if you are allergic to Arnica montana or to any of this product's inactive ingredients.

When using this product

- avoid contact with eyes, mucous membranes, wounds, damaged or irritated skin
- use only as directed
- dryness or irritation may occur
- do not tightly wrap or bandage the treated area
- do not apply heat or ice to the treated area immediately before or after use.

Stop use and ask a doctor if

- condition persists for more than 3 days or worsens
- symptoms clear up and occur again within a few days.

Keep out of reach of children. If swallowed, get medical help or contact a Poison Control Center right away.

Directions Apply a thin layer of Arnicare Gel to affected area as soon as possible after minor injury. Repeat 3 times a day or as needed. If heat or ice is applied, wait 5 minutes before applying Arnicare Gel.

Other information do not use if glued carton end flaps are open or if the tube seal is broken

Inactive ingredients alcohol, carbomer, purified water, sodium hydroxide

Questions or comments?

Arnicare.com | BoironUSA.com
 Info@Boiron.com
 1-800-BOIRON-1 (1-800-264-7661)

CREAM

1.33 oz, 2.5 oz, and 4.2 oz

Drug Facts

Active ingredient Arnica montana.....
Purpose Relieves muscle pain & stiffness, swelling from injuries, discoloration from bruises

The letters "HPUS" indicate that the component in this product is officially monographed in the Homeopathic Pharmacopoeia of the United States.

Uses

- temporarily relieves muscle pain and stiffness due to:
 - minor injuries
 - overexertion
 - falls
- reduces symptoms of bruising such as:
 - pain
 - swelling
 - discoloration

Warnings

For external use only.

Do not use if you are allergic to Arnica montana or to any of this product's inactive ingredients.

When using this product

- avoid contact with eyes, mucous membranes, wounds, damaged or irritated skin
- use only as directed
- do not tightly wrap or bandage the treated area
- do not apply heat or ice to the treated area immediately before or after use.

Stop use and ask a doctor if

- condition persists for more than 3 days or worsens
- symptoms clear up and occur again within a few days.

Keep out of reach of children. If swallowed, get medical help or contact a Poison Control Center right away.

Directions Apply a thin layer of Arnicare Cream to affected area and massage gently as soon as possible after minor injury. Repeat 3 times a day or as needed. If heat or ice is applied, wait 5 minutes before applying Arnicare Cream.

Other information

- do not use if glued carton end flaps are open or if the tube seal is broken
- store at 68-77°F (20-25°C)

Inactive ingredients alcohol, caprylyl glycol, carbomer, cetyl palmitate, glycerin, lauryl macroglycerides, pegoxol-7 stearate, purified water, sodium hydroxide, sorbic acid, 1,2-hexanediol

Questions or comments?

Arnicare.com | BoironUSA.com
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PROCEDURE RECOVERY KIT

3 tubes, approx. 80 pellets per tube

Drug Facts

Active ingredient** (in each pellet)
 Arnica montana 12C
Purpose Relieves muscle pain & stiffness, swelling from injuries, discoloration from bruises

The letters "HPUS" indicate that the component in this product is officially monographed in the Homeopathic Pharmacopoeia of the United States.

Uses

- temporarily relieves muscle pain and stiffness due to:
 - minor injuries
 - overexertion
 - falls
- minor procedures
- reduces symptoms of bruising such as:
 - pain
 - swelling
 - discoloration

Warnings

Stop use and ask a doctor if

- symptoms persist for more than 3 days or worsens.
- new symptoms occur.
- redness or swelling is present. These could be signs of a serious condition.

Keep out of reach of children. In case of accidental overdose, get medical help or contact a Poison Control Center right away.

Directions

- Before procedure: Dissolve 5 pellets under the tongue 3 times a day for 2 days.
- After procedure: Dissolve 5 pellets under the tongue 3 times a day until symptoms are relieved.

Other information

do not use if pellet dispenser seal is broken

Inactive ingredients

lactose, sucrose

Questions or comments?

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