

RELIEF OF ARTHRITIS SYMPTOMS



Information for **Health Care Professionals**



JOINT PAIN • STIFFNESS • DISCOMFORT

It's estimated that one in four adults, or about 58.5 million people, have been diagnosed with arthritis and suffer from arthritis-related joint pain.¹ Pain management can be challenging due to medication side effects, contraindications, and inconveniences, such as dosage, texture, and smell.

Arnicare Arthritis Cream provides targeted relief for minor arthritis pain by combining the topical effects of **Arnica montana (leopard's bane)** and **Harpagophytum (devil's claw)** in one formula. Harpagophytum has widely been used and studied in Europe as a treatment for osteoarthritis.² In the U.S., Arnicare Arthritis Cream is the first and only homeopathic medicine by a major brand to contain this pharmaceutical-grade ingredient in topical form.

As an alternative to NSAIDs, capsaicin, and counterirritants, Arnicare Arthritis Cream offers better pain management, especially for self-medication. Its light texture spreads smoothly and absorbs quickly into the skin with **no stinging or burning sensation**.

Arnicare Arthritis Cream can be applied on all types of painful joints of the upper and lower body without restrictions, unlike diclofenac sodium gels. No dosing card is needed. Patients may also use it in conjunction with Boiron Arnicare Arthritis Tablets.

Arnicare Arthritis Cream is available over the counter and health professionals can also purchase direct from Boiron.


**World Leader in
Homeopathic Medicines**
BoironUSA.com/hcp

MEDICINES

Arnicare Arthritis® Cream	Homeopathic topical action on minor joint pain, stiffness, and soreness associated with arthritis.	Unscented; absorbs quickly; suitable for use on all joints of the upper and lower body.	Should not be applied to open wounds, damaged skin or mucous membranes; do not use if you are allergic to Arnica or Harpagophytum; do not use with other topical products for pain.
Anesthetics (lidocaine)	Local anesthetic action.	Fast acting.	Overdosage leads to systemic effects; numbing action only.
Capsaicin	Local analgesic by depletion of presynaptic substance P.	No counterirritant effect.	External use only; stinging or burning feeling maybe experienced locally; delayed action.
Menthol, camphor, methyl salicylates and other counterirritants	Local analgesics.	Long historical use; well-tolerated.	External use only; strong medicinal odor; no effect on deep muscles.
NSAIDs (diclofenac)	Local analgesic; anti-inflammatory.	Quick action on inflammation, pain, and swelling.	Interacts with many other drugs; risk of skin irritation and other systemic side effects.
Salicylates	Analgesic; anti-inflammatory.	Effective for mild pain and inflammation; fast-acting.	May interfere with blood thinners; irritates gastric mucosa.

SUPPLEMENTS

Emu oil	Anti-inflammatory action from polyunsaturated fatty acids.	Action on aromatase inhibitor-induced arthralgia.	Avoid during pregnancy due to insufficient reliable information.
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Scan & register
 for access to
**on-demand
 homeopathic
 protocols.**

Arnica® Arthritis Cream is produced by Boiron using pharmaceutical quality standards, recognized as the most stringent level of Good Manufacturing Practices among health products. Its active ingredients are made according to the **Homeopathic Pharmacopoeia of the United States**.⁷

Indications for homeopathic medicines have been determined experimentally and verified by years of empirical use by thousands of physicians. Insight into these traditional indications is gained throughout the years as advances are made in the fields of biochemistry and pharmacology.

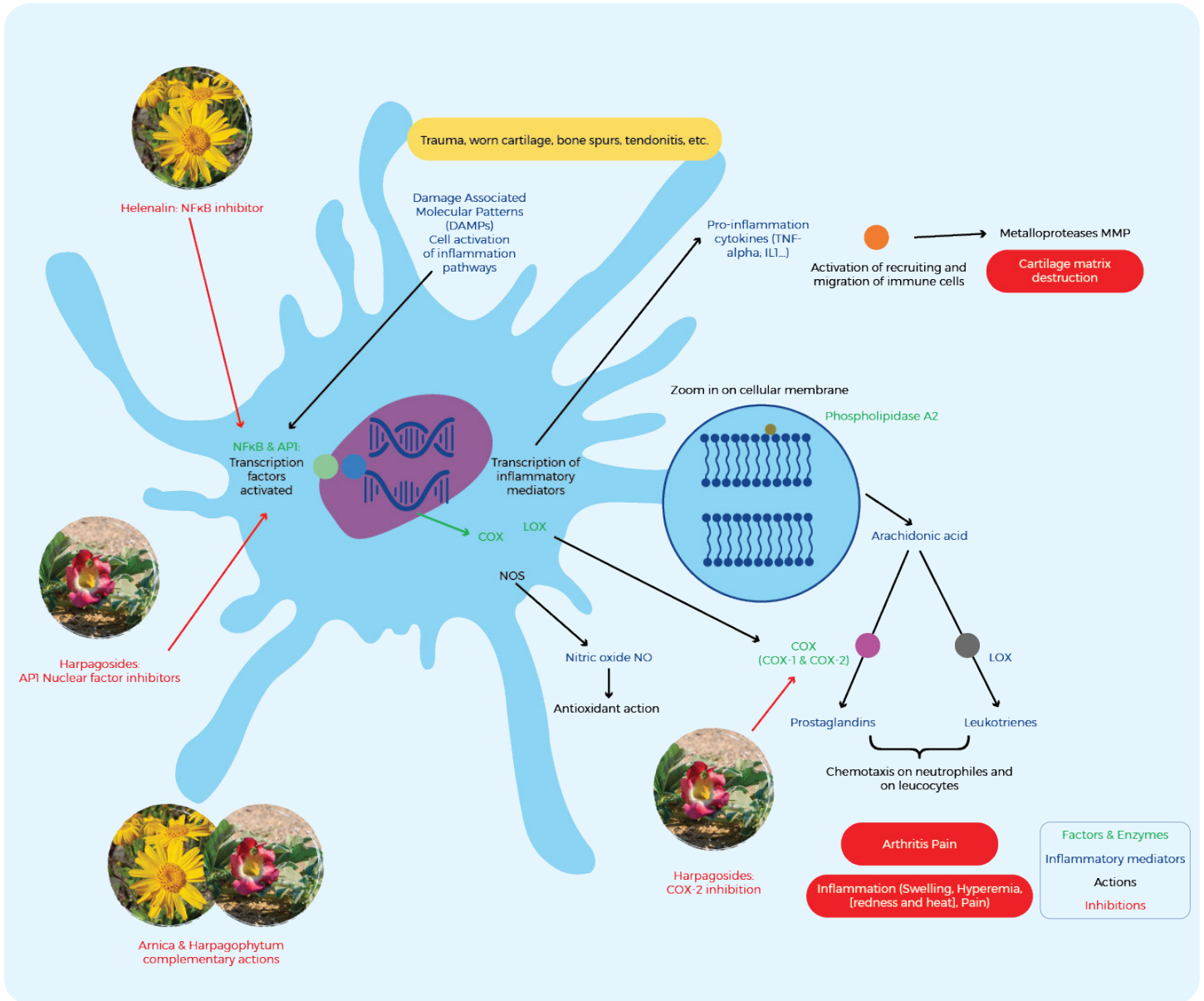
Arnica Arthritis Cream should be used only for its labeled indications.

ARNICA MONTANA (Leopard's Bane)	HARPAGOPHYTUM SPP. (Devil's Claw)
Active Compounds	
<p>Sesquiterpenes lactones: esters of helenalin and 11, 13-dihydrohelenalin with short-chain fatty acids</p> <p>Volatile oils: thymol, thymol esters, free fatty acids</p> <p>Polysaccharides with 65% to 100% galacturonic acid: caffeic acid derivatives; chlorogenic acid; 1, 5-dicaffeoyl quinic acid</p> <p>Flavonoids: flavone and flavonol glycosides and their aglycones⁸</p>	<p>Devil's claw tuber contains compounds (harpagosides, harpagide, procumbide, etc.).²</p>
Analgesic Effects	
<p>Arnica preparations have mild analgesic properties due to the action of helenalin and dihydrohelenalin.⁸</p>	<p>Harpagophytum extracts reduce non-specific low back pain.² This analgesic effect has also been demonstrated in vitro.</p>
Anti-Inflammatory Effects	
<p>Micro-molar concentrations (as low as 10-20 μM in vitro) of helenalin inhibit the activation of transcription factors: NF-κB (Nuclear transcription Factor kappa-B) and NF-AT. NF-κB 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 cyclo-oxygenase II and iNO synthase. These proteins are involved in the inflammatory process and play a key role in immune defense.⁹⁻¹⁰ The reduction in production of these various mediators of inflammation results in less pain and swelling.</p>	<p>In vitro, harpagosides inhibit the nuclear factor AP1, with an effect parallel to that of Arnica, but different. Harpagosides also seems to inhibit COX-2 and lipoxygenase inflammatory pathways thereby down-regulating inflammation.¹¹ This could explain the reduction of osteoarthritis pain in vivo.</p>

References

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THEORETICAL ACTION OF ACTIVE COMPOUNDS IN THE FIRST STAGES OF THE INFLAMMATION CASCADE



The mechanism of action of Arnicare Arthritis Cream is not fully understood. This graphic illustrates the theorized combined action of the product's two active ingredients, Arnica and Harpagophytum, to support down-regulation of inflammation in the early stages of the two main pro-inflammatory cytokine production pathways (NF-kB and API) versus the separate use of each plant.

+ ADVANTAGES

As a convenient and reliable first choice for minor arthritis pain, Arnicare Arthritis Cream has many advantages:

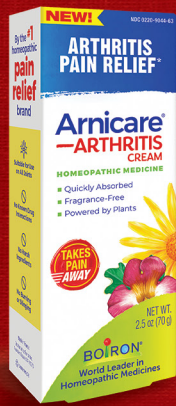
- Convenient, pill-free option for direct application to areas affected by minor arthritis pain.
- Formulated with Arnica montana (leopard's bane) and Harpagophytum (devil's claw) to act on stiffness, soreness, and joint pain.
- Suitable for use on all joints; no dosing card or restrictions on upper and lower body application.
- Quick-absorbing cream is light, non-greasy, and fragrance-free.
- Can be used in conjunction with Arnicare Arthritis Tablets, which contain added active ingredients for complementary action on arthritis pain triggered or aggravated by humidity, heat, motion, or immobility.

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 homeopathic forms in concentrations used in Arnicare products are generally considered safe when used as directed.

Boiron Arnicare Arthritis Cream should not be used with other topicals for pain. It must not be applied to eyes, mucous membranes, wounds and damaged or irritated skin, or used under bandages. Usage by those who are pregnant or breast-feeding should be under the advisement of a health care professional.

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 Arthritis Cream 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 Arthritis Cream on areas where heat or ice is used.



Arnicare[®] — ARTHRITIS CREAM

2.5 oz

Drug Facts

Active ingredient

Arnica montana.....	Relieves muscle pain & stiffness, discoloration from bruises	Purpose
1X HPUS 7%		
Harpagophytum	Relieves joint discomfort and stiffness associated with arthritis pain	
1X HPUS 3%		

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

Uses temporarily relieves minor joint and muscle pain and stiffness due to:

- arthritis ■ minor injuries ■ overexertion ■ falls ■ repetitive motions

Warnings

For external use only.

Do not use if

- if you are allergic to Arnica montana, Harpagophytum, or to any of this product's inactive ingredients
- with other topical products for pain

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 7 days or worsens
- symptoms clear up and occur again within a few days.

If pregnant or breast-feeding, ask a health professional before use.

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

Directions ■ Adults and children 12 years of age and older: Apply a thin layer of Arnicare Arthritis Cream to affected area as soon as possible at the onset of symptoms up to 4 times a day. If heat or ice is applied, wait 5 minutes before applying Arnicare Arthritis Cream.
■ Children under 12 years of age: Ask a doctor.

Other information

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

Inactive ingredients acrylamide/sodium acryloyldimethyltaurate copolymer, alcohol, chlorhexidine digluconate, glycerin, isohexadecane, polysorbate 80, purified water, sorbitan oleate, sweet almond oil

Questions or comments?

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