

6. Further information

What is in this medicine

Active ingredient

Each gram of cream contains:
Arnica montana tincture 1X (0.9% w/w)

Also contains: Purified water, Glyceryl monostearate & Macrogol stearate, Apricot kernel oil, Cocoa butter, Glycerol (E422), Cetostearyl alcohol & PEG-20 Stearate, Cetostearyl alcohol, Cetyl palmitate, Glyceryl monocaprylate, Methyl parahydroxybenzoate (E218), Propyl parahydroxybenzoate (E216).

What does this medicine look like

nelsons® arnicare® arnica cream is a smooth white to off-white cream available in a 30g and 50g tube.

National rules authorisation holder:

PBC Biomed
Unit 4D Western Business Park,
Shannon, Co. Clare, Ireland
HOA23352/003/001

This leaflet is available on request in formats suitable for the blind & partially sighted, please telephone +44 (0)20 8780 4200.

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nelsons®

arnicare®
arnica cream
Arnica montana 1X

Please read all of this leaflet carefully before using this medicine, it contains important information. Please keep this leaflet; you might need to read it again.

1. What is this medicine used for

A homeopathic medicinal product used within the homeopathic tradition for the symptomatic relief of bruises.

2. Before using this medicine

Do not use this medicine if:

- you are allergic to any of the ingredients or to plants of the Asteraceae (Compositae) family (such as daisies, marigolds or artichokes) (see section 6).
- you are pregnant or breastfeeding.

Important information about some of the ingredients

- Contains cetostearyl alcohol which may cause skin reactions (e.g. contact dermatitis). Methyl parahydroxybenzoate (E218) and propyl parahydroxybenzoate (E216) in this medicine may cause allergic reactions (possibly delayed).

Special warnings and precautions for use

For use on skin only

- Keep away from eyes and mucous membrane, such as the mouth and nose.
- Do not swallow. If accidentally swallowed, consult your doctor.
- Do not apply to broken or irritated skin.
- Discontinue use of the cream if the skin becomes red, irritated or dry.
- If your symptoms worsen or if you do not feel any benefit from this medicine after two weeks consult your doctor, pharmacist or qualified healthcare practitioner.

3. How to use this medicine

For use on the skin only

Directions

Before first use check tube seal is not broken. Pierce tube seal with point in top of cap before use.

Adults, the elderly and children over 2 years:

Wash hands before and after use. Apply to the affected area 4 times a day, as required. Do not use the cream for more than two weeks. Do not use more cream than the label/leaflet tells you to. Use by 3 months from the date of opening.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everyone gets them. Some people experience itching, rash, dry skin or skin reactions (e.g. contact dermatitis), if you experience any of these, discontinue use and consult your doctor, pharmacist or qualified healthcare practitioner.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

You can report any suspected adverse reactions via HPRC Pharmacovigilance, Website: www.hpra.ie

By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store this medicine

- Keep this medicine out of the sight and reach of children.
- Do not store above 25°C.
- Do not use after expiry date on the carton & tube.