

PATIENT INFORMATION LEAFLET

Information for the user



Bruise Relief Arnica Cream *Arnica Montana*

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription to treat minor conditions. However, you still need to use it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice

What this medicine is for

This medicine is a traditional herbal medicinal product containing Arnica montana used for the symptomatic relief of bruises, based on traditional use only.

Before you use this medicine

This medicine can be used by adults and children. However, some people should not use this medicine or should seek the advice of their pharmacist or doctor first.

X Do not use:

- **If you are allergic** to any of the ingredients or to plants of the Asteraceae (Compositae) family (such as daisies, marigolds or artichokes)
- **If the skin is broken or irritated**
- **If you are pregnant or breastfeeding**, unless your doctor tells you to

! Talk to your pharmacist or doctor:

- If you are taking any other medicines, including medicines prescribed by your doctor and any medicine you have bought for yourself, including herbal and homeopathic remedies

Other important information

Information about some of the ingredients: Cetostearyl alcohol may cause skin reactions (e.g. contact dermatitis).

Methyl parahydroxybenzoate (E218) and propyl parahydroxybenzoate (E216) in this medicine may cause allergic reactions (possibly delayed).

✓ How to use this medicine

Check the tube seal is not broken before first use. If it is, do not use the cream.

Age	How to use	How often to use
Adults, the elderly and children	Apply gently to bruised areas	Four times a day, as needed

Avoid contact with the eyes. For use on the skin only.

Wash hands before and after use.

Do not use more than the amount recommended in the table.

Stop using this product if a skin rash or contact dermatitis (redness and swelling of the skin) appear. If symptoms worsen or do not go away after using the product for 2 weeks, talk to your doctor or qualified healthcare practitioner.

If you use too much or if anyone accidentally swallows some of the medicine: Talk to a pharmacist or doctor. Take your medicine and this leaflet with you.

Possible side effects

Most people will not have problems, but some may get some of these:

- Frequency unknown, hypersensitivity reactions (itching skin, rash or contact dermatitis e.g. skin becomes inflamed, red or itchy)

If you notice any side effect, please tell your pharmacist or doctor.

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 also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

How to store this medicine

Do not store above 25°C.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton.

What is in this medicine

Each gram of cream contains: 9.0 mg tincture of Arnica Whole Plant (*Arnica Montana L.*) (1:10) equivalent to 0.9 mg Arnica Whole Plant Extraction solvent Ethanol 57% v/v.

Also contains purified water, white soft paraffin, polawax GP 200 (cetostearyl alcohol, PEG-20 stearate), methyl parahydroxybenzoate (E218), honey, propyl parahydroxybenzoate (E216).

The pack contains 25g, 30g or 50g of cream.

Not all pack sizes may be marketed.

Boots Pharmaceutical Bruise Relief Arnica Cream is a smooth white to off white cream.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Traditional Herbal Registration holder A Nelson & Co Limited 5-9 Endeavour Way Wimbledon London SW19 8UH.

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA.

Other formats

To request a copy of this leaflet in Braille, large print or audio please call, free of charge: 0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots Bruise Relief Arnica Cream

Reference number: THR 01175/0398

This is a service provided by the Royal National Institute of Blind People.

Component code

Artwork reference: BTC226673 version B