



Drug Facts

Active ingredient

Arnica montana 1X HPUS† 8% Muscle pain, stiffness, swelling and bruising††

††This ingredient is included in the Homeopathic Pharmacopoeia of the United States (HPUS).

Uses

- Temporarily relieves muscle pain, stiffness and swelling associated with overexertion, sprains, falls, blows and minor sports injuries.††
- Reduces pain, swelling and discoloration from bruises.††

Warnings

- For external use only. Avoid contact with eyes.
- Do not use if hypersensitive to any ingredients in this product.

Stop use and ask a doctor if

- skin irritation, rash or other allergic reaction develops.
- condition worsens or does not improve within 7 days.
- symptoms clear up and occur again within a few days.
- These could be signs of a serious condition.
- Breast-feeding women should not apply to breast area.



Keep out of reach of children. If swallowed, seek medical help or contact a Poison Control Center immediately.

Drug Facts (continued)

Directions

- Apply thin layer to affected area. Massage gently or use compress.
- For best results, use promptly after injury or trauma occurs.
- Adults & children 2 years of age and older: apply to affected area up to 4 times daily.
- Children under 2 years of age: consult a doctor.
- Patch test recommended on sensitive skin.

Other information

- To open: unscrew cap, puncture tube seal, screw cap back on tube.
- Safety sealed for your protection. Do not use if tube seal is broken.
- Store at room temperature 20-25°C (68-77°F) in a dry place out of direct sunlight.

Inactive ingredients

carboner, ethyl alcohol, purified water, sodium hydroxide, witch hazel.

Questions? Call 1-800-9NATURE or visit www.naturesway.com

††These indications are based solely on traditional homeopathic use. They have not been evaluated by the Food & Drug Administration.