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**GNC**  
**BIO-REMEDY®**

# ARNICA RELIEF

Muscle Aches  
Injuries  
Bruises  
Pain  
Stiffness  
Sprains

**NATURAL HOMEOPATHIC MEDICINE**

**100 TABLETS**

**CODE 476802**

**JMG**

- All natural ingredients
- No alcohol
- No side effects
- Advanced formulations
- Made in accordance with the U.S. Homeopathic Pharmacopoeia

Homeopathic medicine is a safe treatment alternative for most minor ailments. Symptom relief is attained through stimulation of the body's natural healing process. Precise levels of homeopathic ingredients work safely and without side effects.

Arnica montana, also known as leopard's bane, is a plant which grows in the mountainous regions of central Europe and the northwest United States. Arnica has been used as a natural remedy for over 200 years.

**INDICATIONS:** Temporarily relieves the pain and stiffness of injuries, sprains and muscle aches due to injuries.

**DOSAGE:** Chew one tablet and allow to dissolve in the mouth. Take one tablet every 30 minutes until symptoms improve, then reduce to every 4 hours or as needed. For adult use only.

**WARNING:** If you are pregnant or breastfeeding, seek the advice of a healthcare professional before using this product. If pain persists for more than 3 days or if pain, redness or swelling worsens, or new symptoms occur, consult a healthcare professional because these could be signs of a serious condition. **Keep this and all medicines out of the reach of children.** Do not use if cap seal is broken or missing.

**INGREDIENTS:** Active: Arnica Montana 30C (HPUS); Inactive: Lactose, Magnesium Stearate.

