

**Also contains:** Purified water, GMS A/S (Glyceryl monostearate, Macrogol stearate), Apricot kernel oil, Theobroma oil (Cocoa Butter), Glycerol, Polawax GP 200 (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.

**Traditional Herbal Registration holder and manufacturer:**

A Nelson & Co Limited, 5-9 Endeavour Way, Wimbledon, London, SW19 8UH, UK

THR 01175/0397

Certification Mark



**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

**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 traditional herbal medicinal product used for the symptomatic relief of bruises, based on traditional use only.

**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 (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 external use only. Keep away from eyes.
- Do not apply to broken or irritated skin.
- 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 external use 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:** Apply to the affected area 4 times a day, as required.

**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 reaction (e.g. contact dermatitis), if you experience any of these, discontinue use and consult your doctor, pharmacist or qualified healthcare practitioner.

If you have any side effects including those not listed on this leaflet, consult your doctor or pharmacist. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). 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 reach and sight of children.
- Do not use after expiry date on the carton & tube.
- Do not store above 25°C.

**6. Further information**

**What is in this medicine**

**Active ingredient**

1 g 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.