

WELEDA ARNICA MASSAGE BALM

Traditional Herbal Medicinal Product

Arnica Flower
Birch Leaf

PATIENT INFORMATION

Read this leaflet carefully before you start using Weleda Arnica Massage Balm because it contains important information for you. Keep this leaflet as you may need to read it again.

Ask your qualified healthcare practitioner or healthcare professional e.g. a doctor or pharmacist if you need more information or advice. You must talk to a doctor if you feel worse, or do not feel better after fourteen days.

If you get any side-effects, talk to your qualified healthcare practitioner or healthcare professional e.g. a doctor or pharmacist. This includes any possible side-effects not listed in this leaflet.

In this leaflet:

1. What this product is and what it is used for
2. What you need to know before using this product
3. How to use this product
4. Possible side-effects
5. How to store this product
6. Contents of the pack and further information

1. What this product is and what it is used for

Weleda Arnica Massage Balm is a traditional herbal medicinal product used for the symptomatic relief of rheumatic pain, muscular pain and stiffness, backache, fibrositis, bruising, cramp, sprains and minor sports injuries. This is based on traditional use only.

2. What you need to know before using this product

Do not use Weleda Arnica Massage Balm if you are allergic to any of the ingredients, birch pollen or other species of the Asteraceae (Compositae) family (see Section 6), if you are pregnant, breastfeeding or under 12 years of age.

- **Consult your doctor, pharmacist or qualified healthcare practitioner if:**
 - you are suffering from joint pain which is accompanied by swelling of the joint, redness or fever.
- **Special warnings and precautions for use:**
 - Weleda Arnica Massage Balm is for use on the skin only.
 - Do not apply to broken, irritated or damaged skin. Each 1 g of Weleda Arnica Massage Balm contains less than 10 mg of alcohol (ethanol). It may cause a burning sensation on damaged skin.
 - Avoid contact with the eyes and mucous membranes.
 - In some patients Weleda Arnica Massage Balm may cause irritation of the skin when it is first applied. If you experience any redness, itching or dry skin discontinue use and consult your doctor or pharmacist.

3. How to use this product

Always use this medicine exactly as described in this leaflet or as your qualified healthcare practitioner or healthcare professional e.g. a doctor or pharmacist has told you.

Check with them if you are not sure.

Directions for use: Shake the bottle before use. Weleda Arnica Massage Balm is for application to the skin only. Wash hands before and after use.

Continues
over page

Adults, the elderly and children over 12 years: Apply sparingly to the affected area with gentle massage three to four times daily.

For maximum effect apply after a warm bath or shower while the skin is still damp.

DO NOT USE MORE THAN THE LEAFLET TELLS YOU TO USE.

If symptoms worsen, or do not improve within fourteen days, a doctor or qualified healthcare practitioner should be consulted.

If you forget to use Weleda Arnica Massage Balm

• If you forget to use this medicine, do not use a double dose to make up for the missed dose.

4. Possible side-effects

Like all medicines this medicine can cause side-effects, although not everybody gets them. Allergic reactions such as itching, rash, urticaria (hives), redness of the skin and eczema may occur, however the frequency of this effect occurring is unknown. If you notice any side-effects, or if symptoms worsen or persist, consult your qualified healthcare practitioner or professional e.g. a doctor or pharmacist.

Reporting of side-effects: If you get any side-effects, talk to your qualified healthcare practitioner or healthcare professional e.g. a doctor or pharmacist. This includes any possible side-effects not listed in this leaflet. By reporting side-effects you can help provide more information on the safety of this medicine.

Reporting of side-effects in the UK: You can help to make medicines safer by reporting side-effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.

5. How to store this product

- Keep out of the reach and sight of children
- Do not store above 25°C
- Do not use after the expiry date on the carton
- Discard after 3 months of first opening
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and further information

What Weleda Arnica Massage Balm contains: Each 1g of cutaneous liquid contains 520 mg of a combined liquid extract from *Arnica montana* L., flos, (equivalent to 24 mg Arnica flower) and *Betula pendula* Roth and/or *Betula pubescens* Ehrh., folium, as well as hybrids of both species (equivalent to 24 mg Birch leaf). Extraction solvent: Ethanol 96% v/v / Sunflower Oil (2.3/97.7). Also contains: Sunflower Oil, Rosemary Oil, Lavender Oil, Lavandin Oil and Ethanol.

What Weleda Arnica Massage Balm looks like and contents of the pack: Weleda Arnica Massage Balm is a clear, yellow-green cutaneous liquid presented in a glass bottle with a white screw cap and dropper administration. Pack sizes available are 50ml, 100ml and 200ml. Not all pack sizes may be marketed.

THR holder and manufacturer: Weleda (UK) Ltd., Heanor Road, Ilkeston, Derbyshire DE7 8DR, UK.

THR 00298/0277

Certification Mark



Braille version

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

Please be ready to give the following information:

Product name: Weleda Arnica Massage Balm

Reference number: THR 00298/0277

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