

**WELEDA**

Traditional Herbal Medicinal Product

Tincture of fresh *Arnica montana*

PATIENT INFORMATION

**Read this leaflet carefully because it contains important information for you. Keep this leaflet. You may need to read it again.**

Ask your qualified healthcare practitioner or healthcare professional eg 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 seven days. If you get any side effects, talk to your qualified healthcare practitioner or healthcare professional eg a doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

**What is 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 pack and other information

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

**Weleda Arnica Bumps & Bruises Skin Salve Ointment is a traditional herbal medicinal product used for the relief of muscular aches, pain, stiffness, sprains, bruises, minor sports injuries and swelling after contusions. This is based on traditional use only. Exclusively based on longstanding use. It is traditionally applied immediately at the site of a contusion (injury) to prevent the development of bruising.**

**Weleda Arnica Bumps & Bruises Skin Salve Ointment contains a tincture of fresh *Arnica montana*, which is the active substance.**

## 2. What you need to know before using this product

**Do not use**

- if you are allergic to any of the ingredients or to plants of the Asteraceae (Compositae) family (see Section 6)

**Warnings and precautions:**

- avoid contact with the eyes and mucous membranes
- in some patients Weleda Arnica Bumps & Bruises Skin Salve Ointment may cause irritation to the skin when first applied. If you experience any redness, itching or dry skin discontinue use and consult your qualified healthcare practitioner or healthcare professional eg a doctor or pharmacist
- Weleda Arnica Bumps & Bruises Skin Salve Ointment is for use on the skin only
- consult your doctor or qualified healthcare practitioner or healthcare professional if you are suffering from joint pain which is accompanied by swelling of the joint, redness or fever
- do not apply to broken or irritated skin
- tell your doctor if your symptoms worsen, persist or do not improve after you have used Weleda Arnica Bumps & Bruises Skin Salve Ointment for one week

**Other medicines and Weleda Arnica Bumps & Bruises Skin Salve Ointment**

- please tell your doctor or pharmacist if you are taking or have recently taken any other medication including herbal medicines or medicines that didn't require a prescription

**Pregnancy and breastfeeding**

- do not use Weleda Arnica Bumps & Bruises Skin Salve Ointment if you are pregnant or breastfeeding

**Weleda Arnica Bumps & Bruises Skin Salve Ointment contains**

- Wool Fat (Lanolin) which may cause local skin reactions such as contact dermatitis

## 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 eg a doctor or pharmacist has told you. Check with them if you are not sure.

**Directions:** Check that the tube seal is not broken before first use. Pierce the seal with point in end of cap. Weleda Arnica Bumps & Bruises Skin Salve Ointment is for application to the skin. Wash hands before and after use. **Adults, the elderly and children:** Apply sparingly to the affected area with gentle massage three to four times daily.

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Weleda Arnica Bumps & Bruises Skin Salve Ointment is traditionally applied immediately at the site of a contusion (injury) to help prevent the development of bruising. Do not use more than the label tells you to.

Weleda Arnica Bumps & Bruises Skin Salve Ointment should not be used continuously for longer than seven days. If symptoms worsen, or persist or do not improve after seven days a doctor should be consulted.

For short term use only.

If you have any further questions on the use of this medicine, ask your qualified healthcare practitioner or healthcare professional eg doctor or pharmacist.

#### 4. Possible side-effects

Like all medicines Weleda Arnica Bumps & Bruises Skin Salve Ointment can cause side effects although not everybody gets them. Weleda Arnica Bumps & Bruises Skin Salve Ointment can cause localised skin reactions such as skin sensitisation and a condition called contact dermatitis. If your skin feels itchy, you develop a patch of dry, red, inflamed skin or a rash you should stop using Weleda Arnica Bumps & Bruises Skin Salve Ointment and consult your qualified healthcare practitioner or healthcare professional eg a doctor or pharmacist.

If you experience any unwanted effects consult your qualified healthcare practitioner or healthcare professional eg a doctor or pharmacist.

**Reporting of side effects:** If you get any side effects, talk to your qualified healthcare practitioner or healthcare professional eg 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 any side effects to the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store.

**Reporting of side effects in Ireland:** You can also report side effects directly via HPRA Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: [www.hpra.ie](http://www.hpra.ie); e-mail: [med-safety@hpra.ie](mailto:med-safety@hpra.ie).

#### 5. How to store this product

- keep out of the sight and reach of children
- do not store above 25°C
- do not use after the expiry date on the carton and tube
- store in the original container
- 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
- the expiry date refers to the last day of that month

#### 6. Contents of pack and further information

The active substances are: 1g of ointment contains: 0.10ml tincture from fresh *Arnica montana* L. planta tota (Arnica whole plant) (equivalent to 48mg of fresh Arnica whole plant).

Extraction solvent: Ethanol 53% w/w.

The other ingredients are: Wool Fat (Lanolin), Sunflower Oil, Olive Oil, Yellow Beeswax, Wool Alcohols, Ethanol and Purified Water.

**What Weleda Arnica Bumps & Bruises Skin Salve Ointment looks like and contents of the pack:** Weleda Arnica Bumps & Bruises Skin Salve Ointment is a smooth, soft, cream to pale yellow ointment presented in an aluminium tube with a white pierce screw cap, containing 25g of ointment.

**THR/TR holder and manufacturer:** Weleda UK Ltd, Heanor Road, Ilkeston, Derbyshire DE7 8DR, UK.

THR 00298/0283 TR 407/1/1

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) or +44 1733 375000 (outside the UK) - charges will apply.

Please be ready to give the following information:

**Product name:** Weleda Arnica Bumps & Bruises Skin Salve Ointment.

**Reference number** THR 00298/0283 (UK) TR 407/1/1 (Ireland)

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