

WELEDA ARNICA MASSAGE BALM



WELEDA

Traditional Herbal Medicinal Product

Liquid extracts from Arnica flowers and Birch leaves.

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 pharmacist or qualified healthcare practitioner if you need more information or advice. You must contact a doctor or qualified healthcare practitioner if your symptoms worsen or do not improve after two weeks.

If any of the side-effects get serious, or if you notice any side-effect not listed in this leaflet, please tell your doctor, pharmacist or qualified healthcare practitioner.

In this leaflet:

1. What this product is and what it is used for
2. Before using this product
3. How to use this product
4. Possible side-effects
5. How to store this product
6. 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. Before you use this product

Do not use Weleda Arnica Massage Balm if you are allergic to any of the ingredients (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 external use only.
- Do not apply to broken 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

Directions: Shake the bottle. Weleda Arnica Massage Balm is for application to the skin.

Wash hands before and after use.

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.

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4. Possible side-effects

Like all medicines Weleda Arnica Massage Balm can cause side-effects although not everybody gets them. Weleda Arnica Massage Balm can cause contact dermatitis, an itchy skin rash or asthma. If your skin feels itchy, you develop a patch of dry, inflamed skin or a rash or you experience difficulty breathing you should stop using Weleda Arnica Massage Balm and consult your doctor or qualified healthcare practitioner.

If you experience any unwanted effects, if your symptoms worsen or do not improve after two weeks, consult your doctor, pharmacist or qualified healthcare practitioner.

You can help to make medicines safer by reporting any side-effects to the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. Alternatively you can get a paper Yellow Card form from your GP's surgery or pharmacy, or call freephone 0800 100 3352 (available 10am-2pm Monday - Friday).

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
- return any unused medicine to your pharmacist for safe disposal

6. Further Information

Each 1g of balm contains 0.70g of liquid extract from: dried flowers of Arnica (equivalent to 0.032g *Arnica montana* L.); dried leaves of Birch (equivalent to 0.032g *Betula pendula* Roth and/or *Betula pubescens* Ehrh as well as hybrids of both species).

Other ingredients are: Rosemary Oil, Lavender Oil, Lavandin Oil and Ethanol.

Extraction solvent: Ethanol 96% v/v / Sunflower Oil (2.3/97.7).

Pack Description: Weleda Arnica Massage Balm is a clear, yellow-green oil presented in a glass dropper bottle. Three pack sizes are available - 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.