

## 6. Further information

### What is in this medicine

#### Active ingredients

Each pillule contains:

Arnica montana 30c

#### Also contains

Lactose and Sucrose

### What does the medicine look like

Nelsons arnicare arnica 30c pillules are small white to off-white spherical pillules. There are 84 pillules in a pack.

### National Rules authorisation holder and manufacturer is:

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

NR 01175/0181

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). Alternatively you can get a paper yellow card form from your GP's surgery or pharmacy, or call free phone 0808 100 3352 (available 10am-2pm Monday-Friday).

This leaflet is available on request in formats suitable for the blind & partially sighted.

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## A HOMEOPATHIC MEDICINAL PRODUCT

  
**arnicare®**  
**arnica 30c**  
**pillules**

Arnica montana

A HOMEOPATHIC MEDICINAL PRODUCT used within the homeopathic tradition for the symptomatic relief of:

- sprains
- muscular aches
- bruising
- swelling
- contusions

Please read all of this leaflet carefully before taking this medicine it contains important information

Keep this leaflet; you might need to read it again. If you need more information or advice ask your doctor, pharmacist or qualified healthcare practitioner.

**1. What is this medicine for**  
Nelsons arnicare arnica 30c pillules are a homeopathic medicinal product used within the homeopathic tradition for the symptomatic relief of sprains, muscular aches and bruising or swelling after contusions.

## 2. Before taking this medicine

- Do not take this medicine if you are allergic to any of the ingredients in this medicine or to other members of the Asteraceae (Compositae) family (see section 6).
- This product contains lactose and sucrose. If you have been told by your doctor that you have an intolerance to some sugars, consult your doctor before taking this medicine.

Talk to your doctor or pharmacist before taking this medicine if you are:

- Taking any other medicines, including those bought without a prescription.
- Pregnant or breastfeeding.

## 3. How to use this medicine

### For oral use only

Handle carefully; this medicine is in an inner glass vial.

### Directions

Press base hard to break the seal. Press base twice to release 2 pillules into the cap. Unscrew the cap. Tip the pillules directly from the cap into your mouth without touching them. Pillules should either be chewed or placed under the tongue until dissolved and are to be taken between meals.

### Adults, the elderly and children over 2 years

Take 2 pillules every 2 hours for the first 6 doses, then 4 times daily until symptoms improve for up to a maximum of 7 days.

Do not exceed the recommended dose.

This medicine is not suitable for children under 2 years old.

If the symptoms become worse or they do not show improvement after 7 days or if any adverse or unwanted effects are experienced, consult a doctor, pharmacist or qualified healthcare practitioner.

If you forget to take this medicine continue to take the usual dose at the usual time; it does not matter if you have missed a dose. Do not take a double dose to make up for a missed dose.

If you take too much of this medicine speak to a doctor or pharmacist and take this leaflet with you.

## 4. Possible side effects

This medicine is not expected to cause any side effects. However, consult a doctor, pharmacist or qualified healthcare practitioner if symptoms worsen or persist for more than 7 days, or if side effects occur.

## 5. How to store this medicine

- Keep all medicines out of the reach and sight of children.
- Do not store above 25°C.
- Do not use if seal is broken.
- Do not use after the expiry date shown on the base of the carton and container label.
- Return any unused medicine to your pharmacist for safe disposal.