

WELEDA ARNICA BUMPS & BRUISES SPRAY



Traditional Herbal Medicinal Product

1g of spray contains the following ingredient:
0.1g of Arnica tincture (equivalent to 0.05g
Arnica montana L., fresh, whole plant).

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

Weleda Arnica Bumps & Bruises Spray is a traditional herbal medicinal product used for the relief of minor sports injuries, muscular pain, stiffness and sprains. This is based on traditional use only.

2. Before taking this product

Do not use Weleda Arnica Bumps & Bruises Spray if you are allergic to any of the ingredients or other plants of the Asteraceae (Compositae) family (see Section 6), if you are pregnant or breastfeeding.

- 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:**
 - ♦ do not apply to broken or irritated skin
 - ♦ avoid contact with the eyes and mucous membranes

In some patients Weleda Arnica Bumps & Bruises Spray may cause irritation to the skin when first applied. If you experience any redness, itching or dry skin discontinue use and consult your doctor or qualified healthcare practitioner. Weleda Arnica Bumps & Bruises Spray is for external use only.

3. How to use this product

Directions: Weleda Arnica Bumps & Bruises Spray is for application to the skin. Wash hands before and after use.

Adults the elderly and children: Spray one or two metered doses on the affected area, up to four times a day and allow to dry.

May also be sprayed onto a damp cloth and applied as a compress.

Traditionally applied immediately after injury to prevent development of bruising. Do not apply to broken or irritated skin.

Do not exceed the stated dose.

If symptoms worsen or do not improve after two weeks, consult your doctor or qualified healthcare practitioner.

4. Possible side-effects

Like all medicines Weleda Arnica Bumps & Bruises Spray can cause side-effects although not everybody gets them. Weleda Arnica Bumps & Bruises Spray can cause localised skin reactions such as 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 Spray and consult your doctor or qualified healthcare practitioner.

If you experience any unwanted effects, if symptoms worsen or persist for longer than two weeks, consult your doctor 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 0808 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 6 months of first opening
- store in the original container
- return any unused medicine to your pharmacist for safe disposal

6. Further Information

1g of spray contains the following ingredient: 0.1g of Arnica tincture (equivalent to 0.05g *Arnica montana* L., fresh, whole plant).

Extraction solvent: Ethanol 61% v/v.

Other ingredients are: Ethanol and water.

Pack Description: Weleda Arnica Bumps & Bruises Spray is a clear to slightly turbid, pale amber, mobile liquid presented in a 20ml amber glass bottle with an atomiser spray.

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

THR 00298/0288.

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 Bumps & Bruises Spray.

Reference number THR 00298/0288.

This service is provided by the Royal National Institute for Blind people.