

Arnica Montana

Name of Ingredient: Arnica Montana (commonly known as “Arnica”) is an herb used for centuries for its therapeutic healing benefits.

Potential Benefits:

- **Pain Relief** - Arnica has been traditionally used for its analgesic (pain relieving) properties. It is commonly used topically to relieve pain and inflammation associated with bruises, sprains, strains and muscle aches.
- **Antiinflammatory Effects** - Arnica contains several active compounds such as sesquiterpene lactones, flavonoids, and volatile oils which possess anti-inflammatory properties. These compounds may help reduce inflammation when applied topically and when ingested via oral or IV administration. This can benefit conditions such as arthritis, joint pain and swelling
- **Bruise healing** - Arnica stimulates blood circulation to assist in the reabsorption of blood that has accumulated under the skin, helping to reduce discoloration and swelling associated with bruises.
- **Wound healing** - Promotes tissue regeneration and reduces inflammation accelerating healing process when there has been trauma to the body (such as wounds, falls, surgery, car accident).
- **Skin care** - Arnica is often included in skin care products they possess antimicrobial properties and may help soothe skin irritations, reduce redness, and improve the overall appearance of the skin.

Frequency: Arnica can be used topically or taken orally up to 3 times daily for up to three weeks. Intravenous Arnica infusion should can be given up to 3 times weekly

Post treatment considerations: Oral administration of Arnica montana in large amounts may cause gastrointestinal upset, nausea, vomiting and abdominal pain. These symptoms are rare with intravenous delivery.

Symptoms requiring attention: please seek medical attention ASAP through your nearest urgent care or emergency room if you experience any of the following:

- skin rash, itching or hives
- swelling of the face, lips, or tongue
- black stools
- fast or irregular heart rate
- dizziness, shortness of breath, or asthma symptoms not controlled by rescue inhaler