



WELEDA

WELEDA ARNICA MUSCULAR ACHES & PAIN RELIEF CHEWABLE TABLETS

Arnica Montana 6X

HOMEOPATHIC MEDICINAL PRODUCT
PATIENT INFORMATION

Read this leaflet carefully before you start taking Weleda Arnica Muscular Aches & Pain Relief Chewable Tablets because it contains important information for you. Keep this leaflet as you may need to read it again.

Ask your qualified healthcare practitioner or healthcare professional e.g. 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 e.g. 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 taking this product
3. How to take this product
4. Possible side-effects
5. How to store this product
6. Contents of the pack and other information

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

Weleda Arnica Muscular Aches & Pain Relief Chewable Tablets is a homeopathic medicinal product used within the homeopathic tradition for the symptomatic relief of muscular aches and pain, swelling and bruising from minor injuries and sprains.

2. What you need to know before taking this product

• Do not take:

- If you are allergic to any of the ingredients (see Section 6). This medicine contains lactose and sucrose
- If you are pregnant or breastfeeding
- If you are under 3 years of age.

• Warnings and precautions:

- This product contains lactose and sucrose. Talk to your doctor if you have been told that you have an intolerance to some sugars
- Not to be used repeatedly without consulting a doctor. If your symptoms worsen, or persist after seven days of taking this product talk to your doctor or qualified healthcare professional.

• Additional Information for children intending to take this medicine

- Children should be upright and supervised when taking the tablets
- Children should be given a drink of water immediately after taking the tablets to make sure the tablet has been completely swallowed
- Long term use could lead to tooth decay in children.

• Other medicines and Weleda Arnica Muscular Aches & Pain Relief Chewable Tablets

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

• Pregnancy and breastfeeding

- Do not take this medicine if you are pregnant or breastfeeding.

• Driving and using machines

- No studies have been carried out on the effects on the ability to drive or operate machines. If affected do not drive or operate machines.

3. How to take this product

Always take this medicine exactly as described in this leaflet or as your qualified healthcare practitioner or healthcare professional e.g. a doctor or pharmacist has told you. Check with them if you are not sure.

Directions for use: for oral use only. **To be taken as soon as possible after the accident or injury.**

Adults, the elderly and children from 12 years: 1 tablet to be sucked or chewed. The dose (1 tablet) may be taken hourly, up to a maximum of 10 times per day. **The maximum daily dose is 10 tablets.**

Children from 8 years to 11 years: 1 tablet to be sucked or chewed. The dose (1 tablet) may be taken hourly, up to a maximum of 7 times per day.

The maximum daily dose is 7 tablets.

Children from 3 years to 7 years: 1 tablet to be sucked or chewed.

The dose (1 tablet) may be taken hourly, up to a maximum of 5 times per day. **The maximum daily dose is 5 tablets.**

Continues
over page

Children should be upright and supervised when taking the tablets. A drink of water should be given immediately after taking the tablet to make sure the tablet has been completely swallowed.

If symptoms worsen, or do not improve within seven days, a doctor or qualified healthcare practitioner should be consulted.

If you take more Weleda Arnica Muscular Aches & Pain Relief Chewable Tablets than you should

- If you take more of this medicine than you should and you feel unwell, talk to your qualified healthcare professional or healthcare practitioner e.g. doctor or pharmacist.

If you forget to take Weleda Arnica Muscular Aches & Pain Relief Chewable Tablets

- If you forget to take a dose of this medicine, just take the next dose when it's due. Do not take another dose to make up for the missed dose.

4. Possible side-effects

Like all medicines, this medicine can cause side-effects, although not everybody gets them. A single post-marketing report of a possible serious allergic reaction causing oesophagus pain and tightening of the throat has been reported. If a serious allergic reaction occurs, stop taking this medicine and seek medical attention immediately. Other allergic reactions that may occur include itching and redness of the skin and eczema. The frequency of these effects occurring is unknown. If you notice any side-effects, or if symptoms worsen or persist, consult your qualified healthcare practitioner or professional e.g. doctor or pharmacist.

Reporting of side-effects: If you get any side-effects, talk to your qualified healthcare practitioner or healthcare professional e.g. 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 or search for MHRA Yellow Card in the Google Play or Apple App store.

5. How to store this product

- Keep out of the sight and reach of children
- Do not store above 25°C. Store in the original container
- Keep the container in the outer carton
- Do not use after the expiry date on the carton and label. The expiry date refers to the last day of that month
- 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.

6. Contents of the pack and other information

What Weleda Arnica Muscular Aches & Pain Relief Chewable Tablets contain: Each tablet contains the active ingredient Arnica montana 6X. Also contains Lactose, Sucrose, Acacia, Hydrogenated Vegetable Oil and Hydrogenated Castor Oil.

What Weleda Arnica Muscular Aches & Pain Relief Chewable Tablets look like and contents of the pack: The tablets are white uncoated tablets presented in an amber glass bottle with a child resistant cap. Each bottle contains 84 or 125 tablets. Not all pack sizes may be marketed.

NR holder and manufacturer: Weleda (UK) Ltd., Heanor Road, Ilkeston, Derbyshire DE7 8DR, UK. NR 00298/0297.

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 Muscular Aches & Pain Relief Chewable Tablets

Reference number: NR 00298/0297

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

Weleda Arnica Muscular Aches & Pain Relief Chewable Tablets contain a homeopathic dilution (6X) prepared in Anthroposophic tradition.

For further information concerning homeopathic medicines contact: British Homeopathic Association, CAN Mezzanine, 49-51 East Road, London N1 6AH. For further information on anthroposophic medicines contact: PAFAM, c/o Cathie Green, Woodstone Oast House, Woodston, Tenbury Wells, Worcestershire WR15 8JG.