



# Arnica Bumps & Bruises Skin Salve Ointment

## Uses

A traditional herbal medicinal product used for the relief of muscular aches, pain, stiffness, sprains, bruises and minor sports injuries, based on traditional, longstanding use only.

## Dosage

Adults, the elderly and children: apply sparingly to the affected area with gentle massage 3-4 times daily. For injury: apply a small amount immediately at the site of the injury to prevent bruising and swelling. If symptoms do not improve after 7 days, a doctor should be consulted.

## Format and Ingredients

Ointment containing in 1g:  
0.10ml of tincture from fresh Arnica montana L., planta tota (Arnica whole plant) (equivalent to 48mg of fresh Arnica whole plant),

**Category:**  
Analgesics

**Manufacturer:**  
WELEDA UK LTD

**Pack size:** 25g

**RRP:** £9.50

**Legal Status:** (THR)