



Arnica Pain & Healing Complex™

Homeopathic therapy to temporarily reduce swelling & bruising during post-operative and post-traumatic healing

Primary Applications

- Reduces bruising and swelling post-operatively and after physical trauma
- Acts as an effective anti-inflammatory and analgesic
- Decreases recovery time
- Acts as an effective anxiolytic and reduces restlessness

What is Arnica Pain & Healing Complex?

As a homeopathic formula to temporarily reduce bruising and swelling and support healing and recovery post-operatively and after physical injury. The proven anti-inflammatory and analgesic effects help to reduce pain and discomfort and shorten recovery time. Due to the homeopathic preparation, this product is safe for use in all ages, including during pregnancy and may be safely combined with prescription medication.

Ingredients

All homeopathic ingredients below are monographed in the Homeopathic Pharmacopeia of the United States (HPUS).

Bellis (3X)

Key indications for homeopathic preparations of Bellis are muscle sprains, strains and bruises, including deep bruising to the muscles. It is often recommended by homeopaths to ease pain following surgery or physical injury.

Symphytum (3X)

Commonly called Knitbone, Symphytum in raw form has a long history of use in promoting healing following bruises, sprains, fractures and broken bones. In homeopathic potency, Symphytum has very similar indications.

Contains no gluten, artificial flavors, colors or preservatives. Safe for all ages and during pregnancy.

Indications

Homeopathic remedy temporarily relieves discomfort, swelling and bruising after surgery or injury.

Ingredients

Each dose contains equal parts of Bellis (3X) (HPUS), Symphytum (3X) (HPUS), Arnica (6X) (HPUS), Mag phos (6X) (HPUS), Chamomilla (6X) (HPUS), Lactose (inactive ingredient).

Directions

Mix 10-15 drops in 1/4 cup water and repeat every 3-5 times daily as needed until symptoms subside. If preferred, drops may alternatively be taken directly into mouth. Children under 12: Reduce dosage to 5 drops, 3-5 times daily.

Note: May be used with TheraHeal Massage Oil™ and JointX Pro™.

Warning

Do not use 2 weeks prior to surgery or childbirth. If symptoms persist or worsen, a health care professional should be consulted. If pregnant or breastfeeding, ask a health professional before use.

Keep this and all medicines from the reach of children.

References

Brinkhaus B, Wilkens JM, Ludtke R, Hunger J, Witt CM, Willich SN. Homeopathic arnica therapy in patients receiving knee surgery: Results of three randomised double-blind trials. *Complement Ther Med* . 2006 Dec;14(4):237-46.

Conforti A, Bertani S, Metelmann H, Chirumbolo S, Lussignoli S, Bellavite P. Experimental studies of the anti-inflammatory activity of a homeopathic preparation. *Biol Ther* . 1997;15(1):28-31.

Seeley BM, Denton AB, Ahn MS, Maas CS. Effect of homeopathic Arnica montana on bruising in face-lifts: results of a randomized, double-blind, placebo-controlled clinical trial. *Arch Facial Plast Surg*. 2006 Jan-Feb;8(1):54-9.

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Lockie, A. *Encyclopedia of Homeopathy*. Dorling Kindersley, New York, 2000.

All NutraRx products are especially formulated by experts in the field of natural health and are manufactured according to the highest pharmaceutical standards for maximum safety and effectiveness.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Ingredients (continued)

In addition, it is often recommended to relieve 'pricking' pain associated with old injuries to the bone, cartilage or periosteum, or even pain on the site of an amputation.

Arnica (6X)

The anti-inflammatory properties of this homeopathic remedy are well-known and it is frequently recommended post-operatively or following injury in order to promote tissue repair and healing. The remedy is prescribed acutely to reduce bleeding, swelling and bruising and as an analgesic.

Mag Phos (6X)

One of the 12 homeopathic tissue salts, Mag phos is primarily indicated for relieving pain and is known as 'the homeopathic aspirin'. Mag phos also has antispasmodic properties.

Chamomilla (6X)

Recommended for its analgesic properties and to reduce sensitivity to pain, Chamomilla also has anxiolytic and calming effects and can be of great benefit in the treatment of anxiety and restlessness often accompanying surgery or shock.

For Optimum Results

Arnica Pain & Healing Complex supports the body's innate healing process right from the first dose. Patients using Arnica Pain & Healing Complex report a much faster and easier healing process compared to those who do not.

Other Products in this Category

JointX Pro™

Nutritional support for joints, cartilage and muscular-skeletal health and mobility*

Migra-Rx™

Nutritional support for the circulatory system, liver and nervous system to promote calm & discourage common nervous tension for clear-headed comfort*

Inflam Dr.™

Homeopathic compound formulated with powerful anti-inflammatory agents to temporarily relieve pain & inflammation in the joints