



## Arnicafit Gel

Active ingredient: 25 g arnica flower tincture in 100 g gel  
To be used by adults and children over 12 years

**Read the entire information leaflet carefully before starting to use this medicinal product; it contains important information for you.**

Always use this medicinal product exactly as described in this leaflet or exactly as prescribed by your doctor or pharmacist or your medical specialist.

- Keep this information leaflet. You may want to reread it at a later date.
- Ask your pharmacist if you need any additional information or advice.
- Please inform your doctor or pharmacist or medical specialist if you notice side effects. This also applies to side effects not stated in this leaflet. See section 4.
- Please consult a doctor if, after 3-4 days, you do not feel better or even feel worse.

**Information in this leaflet:**

1. What is Arnicafit Gel and what is it used for?
2. What must I be aware of before using Arnicafit Gel?
3. How should Arnicafit Gel be used?
4. What are the possible side effects?
5. How should Arnicafit Gel be stored?
6. Pack contents and additional information

**1. What is Arnicafit Gel and what is it used for?**

Arnicafit Gel is a plant-based medicinal product for the external treatment of impact injuries.

**Areas of application:** For external use (as overlay/compress and to rub in) in the case of injuries and accidents, e.g. bruises (haematomas), sprains, contusions.

**2. What must I be aware of before using Arnicafit Gel?**

**Arnicafit Gel must not be used in the case of:**

- allergic reaction to preparations of arnica or other composite flowers, such as chrysanthemum or yarrow, or to any of the other components of this medicinal product listed in section 6,
- damaged skin (e.g. injuries, burns, eczema)
- pregnancy.

**Warnings and safety precautions for use**

Please consult your doctor, pharmacist or medical specialist before using Arnicafit Gel.

Consult a doctor if the medical condition does not improve within 3-4 days of treatment with Arnicafit Gel. In addition, a doctor should be consulted in the case of inexplicit discomforts, e.g. more acute pain, swelling, redness, shiny skin and fever.

Avoid contact with eyes and mucous membranes. Once you have applied Arnicafit Gel, wash your hands thoroughly with water and soap.

**Children and adolescents**

Research on the use of the medicinal product on children is not available. Arnicafit Gel should, therefore, not be given to children under the age of 12.

**When using Arnicafit Gel with other medication**

Please inform your doctor or pharmacist if you use, or have recently used, or intend to use other medicinal products.

There are no known interactions.

Consult your doctor or pharmacist for advice before using all medicinal products.



## **Pregnancy, lactation and fertility**

Please ask your doctor or pharmacist for advice before use if you are pregnant or are nursing, if you think you might be pregnant or intend to become pregnant.

Arnicafit Gel should not be used in the nipple area during lactation.

## **Arnicafit Gel contains macrogol glycerol hydroxystearate and 370 mg alcohol 70% (v/v) (ethanol) per 5 cm strip of gel**

Macrogol glycerol hydroxystearate can cause skin irritations. On damaged skin the alcohol contained in the product can cause a burning sensation.

## **3. How should Arnicafit Gel be used?**

Always use this medicinal product exactly as described in this leaflet or exactly as prescribed by your doctor, pharmacist or medical specialist. Please consult your doctor, pharmacist or medical specialist if you are unsure.

**The recommended dose is:** Adults and young people over 12 years should gently apply a 3-5 cm-long strip of gel per palm-sized area three times a day.

Compresses with a thin layer of gel can also be applied overnight.

The length of treatment is determined by the injury. Please observe the information under point 1, point 2 "Precautions for application and warning advice" and point 4.

## **If you forget to use Arnicafit Gel**

Do not use double the amount if you have the forgotten previous use.

Please consult your doctor or pharmacist or medical specialist if you have any further questions on taking this medicinal product.

## **4. What are the possible side effects?**

As is the case with all medicinal products, this medicinal product can have side effects, but they do not necessarily affect everyone.

### **Significant side effects or symptoms that you should be aware of, and measures to take if you are affected:**

When applying substances containing arnica to the skin, allergic reactions in the form of itchiness and redness with blistering (eczema) often occur (may affect up to 1 in 10 patients), mostly as a result of pre-existing allergies or because of so-called cross reactions caused by intolerance to other composite plants, e.g. chrysanthemums. Regular and long-term use can lead to the emergence of an allergy to arnica.

### **What counteractive measures should be taken against side effects?**

If side effects occur please stop using Arnicafit Gel and consult a doctor. Arnicafit Gel should not be used if the patient suffers a hypersensitive reaction to the product.

### **Reporting side effects**

Please inform your doctor or pharmacist or medical specialist if you notice side effects. This also applies to side effects not stated in this leaflet. You can register any side effects directly with the Bundesinstitut für Arzneimittel und Medizinprodukte, Abt. Pharmakovigilanz, Kurt-Georg-Kiesinger-Allee 3, D-53175 Bonn, website: [www.bfarm.de](http://www.bfarm.de). By reporting any side effects, you can make a contribution towards more information being available on the safety of this medicinal product.



## 5. How should Arnicafit Gel be stored?

Keep this medicine out of the reach of children.

Do not take this medicinal product if the "use by" date on the carton and container has expired. The use by date relates to the last day of the month in question.

Do not store above 25 °C.

**Note on shelf life after opening:** The product should be used within 3 months of being opened.

Never dispose of medicinal products in your waste water (e.g. not down the toilet or washbasin). Ask your pharmacist how you should dispose of the medicinal product if you no longer use it. This helps you contribute towards protection of the environment. You can find additional information at [www.bfarm.de/arzneimittelentsorgung](http://www.bfarm.de/arzneimittelentsorgung).

## 6. Pack contents and additional information

### Arnicafit Gel contains:

**Active ingredient:** Arnica flower tincture

**100 g gel contains:** 25 g tincture of arnica flowers (1:10), extracting agent: Ethanol 70 % (V/V)

**Other ingredients:** Purified Water, Ethanol 70% (V/V), Macrogol Glycerol Hydroxystearate, Polyacrylic Acid, Ammonia Solution 10% (m/m), Medium Chain Triglycerides.

**Packet sizes available:** Original pack with 150 g gel

**This information leaflet was last updated in August 2021.**

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For risks and side effects please read the information leaflet and consult your doctor or pharmacist.