

# Arnica Bumps & Bruises Skin Salve Ointment



**Category**  
Analgesics  
**Manufacturer**  
WELEDA UK LTD  
**Pack size**  
25g  
**RRP**  
£9.50  
**Legal Status**  
(THR)



## 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.



## Format and Ingredients

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



## 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.