

ARNICARE LEG CRAMPS- arnica montana, lactic acid, l-, zinc oxide tablet Boiron

Disclaimer: This homeopathic product has not been evaluated by the Food and Drug Administration for safety or efficacy. FDA is not aware of scientific evidence to support homeopathy as effective.

Arnicare Leg Cramps

Active Ingredients**

Arnica montana 9C HPUS (6.67 mg)

Sarcosylacticum acidum 3C HPUS (6.67 mg)

Zincum oxydatum 3C (6.67 mg)

Purpose*

Arnica montana 9C HPUS ... Temporarily relieves minor pain, stiffness & muscle soreness due to overexertion

Sarcosylacticum acidum 3C HPUS ... Relieves muscle fatigue after prolonged exercise & muscle cramping

Zincum oxydatum 3C ... Relieves muscle cramping

Uses*

temporarily relieves minor muscle pain from cramps, stiffness, and muscular fatigue due to prolonged exercise and physical activity

Stop use and ask a doctor if symptoms persist for more than 3 days or worsen, new symptoms occur, or if redness or swelling is present. These could be signs of a serious condition.

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

Adults and children 12 years of age and older: Chew 1 tablet in the mouth immediately prior, during, and after physical activity every hour until symptoms improve, up to 10 tablets a day.

Children under 12 years of age: Not recommended.

do not use if glued carton end flaps are open or if the plastic sleeve around the tube is broken or missing

retain carton for full drug facts

contains 1.6 g of sugar per tablet

store below 77° F (25°C)

citric acid, dextrose, lactose, magnesium stearate, natural lemon flavor

3 Tubes 11 Tablets Each Total 33 Tablets

Natural lemon flavor

No Known Drug Interactions

Leg Cramp Relief*

Cramps Spasms*

Target Relief of main sources of exercise-induced muscle pain

*CLAIMS BASED ON TRADITIONAL HOMEOPATHIC PRACTICE, NOT ACCEPTED MEDICAL EVIDENCE. NOT FDA EVALUATED.

*C,K,CK, and X are homeopathic dilutions: see BoironUSA.com/info for details.

Questions or comments?

Arnicare.com

BoironUSA.com

Info@Boiron.com

1-800-BOIRON-1

(1-800-264-7661)

Made in France

Distributed by: Boiron Inc.

Newtown Square, PA 19073-3267

The image displays the packaging for Arnicare Leg Cramp Relief Chewable Tablets. The central box is blue and green, featuring a sun icon and the text "LEG CRAMP RELIEF*", "Arnicare® — LEG CRAMPS CHEWABLE TABLETS", "HOMEOPATHIC MEDICINE", "Convenient & Portable Tube", "Targeted Relief*", "3 TUBES 11 TABLETS EACH TOTAL 33 TABLETS", and "BOIRON® World Leader in Homeopathic Medicines". A "#1" seal is also present. To the left is a side panel with "Drug Facts (continued)", "Inactive Ingredients", "Questions or comments?", and "Made in France". To the right is another side panel with "3 portable tubes", "Natural Lemon Flavored Chewable Tablets", "Plant-Based & Other Pure Actives", "No Known Drug Interactions", and "The Boiron Promise". A separate "Drug Facts" panel on the far right lists active ingredients (Arnica montana 6C HPUS, Sambonictum asiaticum 3C HPUS, Zincum oxydatum 3C) and their purposes, along with usage, warnings, directions, and other information.

Drug Facts (continued)
Inactive Ingredients citric acid, dextrose lactose, magnesium stearate, natural lemon flavor

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(1-800-264-7661)

Made in France
Distributed by Boiron Inc.
Newtown Square, PA 19073
please recycle

3 portable tubes

Natural Lemon Flavored Chewable Tablets

Plant-Based & Other Pure Actives

No Known Drug Interactions

*Targeted relief of main sources of exercise-induced muscle pain

The Boiron Promise
Your health deserves the greatest respect. That's why we're committed to your satisfaction. Please visit BoironUSA.com/promise for details.

Drug Facts
Active ingredients* (in each tablet)

Active ingredients* (in each tablet)	Purpose*
Arnica montana 6C HPUS (5.67 mg)	Temporarily relieves minor muscle pain, stiffness & muscle soreness due to overexertion
Sambonictum asiaticum 3C HPUS (6.67 mg)	Relieves muscle fatigue after prolonged exercise & muscle cramping
Zincum oxydatum 3C (6.67 mg)	Relieves muscle cramping

Uses* temporarily relieves minor muscle pain from cramps, stiffness, and muscular fatigue due to prolonged exercise and physical activity

Warnings
Stop use and ask a doctor if symptoms persist for more than 3 days or worsen, new symptoms occur, or if redness or swelling is present. These could be signs of a serious condition.
If pregnant or breast-feeding, ask a health professional before use.
Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions
Adults and children 12 years of age and older: Chew 1 tablet in the mouth immediately prior, during, and after physical activity every hour until symptoms improve, up to 10 tablets a day.
Children under 12 years of age: Not recommended.

Other information
Do not use if glass/carbon end flaps are open or if the plastic sleeve around the tube is broken or missing.
Retain carton for full drug facts.
Contains 0.8 g of sugar per tablet.
Store below 77°F (25°C).

*CLAIMS BASED ON TRADITIONAL HOMEOPATHIC PRACTICE, NOT ACCEPTED MEDICAL EVIDENCE. NOT FDA EVALUATED.
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LEG CRAMP RELIEF

Arnicare®
—LEG CRAMPS
HOMEOPATHIC MEDICINE

#1
HOMEOPATHIC ARNICA
PAIN BRAND

BOIRON® 11 CHEWABLE TABLETS
Natural lemon flavor

Drug Facts **Active ingredients** Arnica montana 9C HPUS, Sarcocollum acidum 3C HPUS, Zincum oxydatum 3C **Uses** temporarily relieves minor muscle pain from cramps, stiffness, and muscular fatigue due to prolonged exercise and physical activity **Warnings** Stop use and ask a doctor if symptoms persist for more than 3 days or worsen, new symptoms occur, or if redness or swelling is present. These could be signs of a serious condition. If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away. **Directions** Adults and children 12 years of age and older: Chew 1 tablet in the mouth immediately prior, during, and after physical activity every hour until symptoms improve, up to 10 tablets a day. Children under 12 years of age: Not recommended. **Other information** do not use if the plastic sleeve around the tube is broken or missing contains 1.6 g of sugar per tablet store below 77°F (25°C) **Inactive ingredients** citric acid, dextrose, lactose, magnesium stearate, natural lemon flavor

Made in France Distributed by Boiron Inc. Arnicare.com 1-800-264-7661



LEG CRAMP RELIEF
Cramps • Spasms

Arnicare®
—LEG CRAMPS
HOMEOPATHIC MEDICINE

Help Your Body
the Natural Way

BOIRON® 11 CHEWABLE TABLETS
Natural lemon flavor

Drug Facts **Active ingredients** Arnica montana 9C HPUS, Sarcocollum acidum 3C HPUS, Zincum oxydatum 3C **Uses** temporarily relieves day and night cramps and spasms in calves, legs, thighs, and arms and cramps from muscular overexertion **Warnings** Stop use and ask a doctor if symptoms persist for more than 3 days or worsen, new symptoms occur, or if redness or swelling is present. These could be signs of a serious condition. If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away. **Directions** Adults and children 12 years of age and older: At the onset of symptoms, chew or allow 1 tablet to dissolve in the mouth, up to 6 times per day. For exercise-induced cramps and spasms, take before, during, and after activity. Contains dextrose; consider rinsing mouth with water if taken at bedtime. Children under 12 years of age: Not recommended. **Other information** do not use if glued carton end flaps are open or if the plastic sleeve around the tube is broken or missing contains 1.6 g of sugar per tablet store below 77°F (25°C) **Inactive ingredients** citric acid, dextrose, lactose, magnesium stearate, natural lemon flavor

Made in France Distributed by Boiron Inc. Arnicare.com 1-800-264-7661

Drug Facts
(continued)

Inactive ingredients citric acid, dextrose, lactose, magnesium stearate, natural lemon flavor

Questions or comments?
Arnicare.com
BoironUSA.com
Info@Boiron.com
1-800-BOIRON-4
(1-800-264-7661)

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Newtown Square, PA 19073

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06969-07390 2

3



NDC 0220-9073-90

LEG CRAMP RELIEF*
Cramps • Spasms*

Help Your Body
the Natural Way

Arnicare®
—LEG CRAMPS
CHEWABLE TABLETS
HOMEOPATHIC MEDICINE

- No Known Drug Interactions
- AM & PM Formula

3 TUBES
11 TABLETS EACH
TOTAL 33 TABLETS
Natural lemon flavor

BOIRON®
World Leader in Homeopathic Medicines

BOIRON®

A Better Way

At Boiron, we believe there's a better way to feel better. Since 1932, the Boiron family has been dedicated to providing the purest medicines using sustainable practices. As world leader in homeopathic medicines, quality has always been our passion and your well-being is our goal.

The Boiron Promise

Your health deserves the greatest respect. That's why we're committed to your satisfaction. Please visit BoironUSA.com/promise for details.

Drug Facts

Active Ingredients*	Purpose
Arnica montana 9C HPUS (6.67 mg)	Relieves muscle fatigue causing or caused by cramps
Sarcocollum acidum 3C HPUS (6.67 mg)	Relieves pain and stiffness from muscular overexertion
Zincum oxydatum 3C (6.67 mg)	Relieves day and night muscle cramps

Uses temporarily relieves day and night cramps and spasms in calves, legs, thighs and arms and cramps from muscular overexertion

Warnings
Stop use and ask a doctor if symptoms persist for more than 3 days or worsen, new symptoms occur, or if redness or swelling is present. These could be signs of a serious condition. If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

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Other information
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contains 1.6 g of sugar per tablet
store below 77°F (25°C)

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LEG CRAMP RELIEF
Arnicare®
Leg Cramps

Drug Facts
(continued)

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6 Campus Blvd.
Newtown Square, PA
19073-3267



3 06969 07390 2

NDC 0220-9073-90

LEG CRAMP RELIEF*

LEG CRAMP RELIEF*

**Day and Night Cramps
Cramps and Stiffness from
Muscular Overexertion***

Arnicare®
Leg Cramps

HOMEOPATHIC MEDICINE

- Non-Habit Forming
- No Known Drug Interactions
- Non-Drowsy

help your body
the **NATURAL**
way



3 TUBES
(11 CHEWABLE
TABLETS PER TUBE)

BOIRON®
World Leader in Homeopathic Medicines

LEG CRAMP RELIEF
Arnicare®
Leg Cramps

The Boiron Promise
At Boiron, we believe there's more than one way to feel better. Since 1932, the Boiron family has been committed to providing quality medicines. As world leader in homeopathy, our passion is your health. Our promise is your satisfaction. Please visit BoironUSA.com/promise for details.

Made in France
♻️ please recycle

Drug Facts

Active ingredients**
Arnica montana 9C HPUS Relieves muscle fatigue causing or caused by cramps
Sarcocollacticum acidum 3C HPUS Relieves pain and stiffness from muscular overexertion
Zincum oxydatum 3C Relieves day and night muscle cramps

Purpose*

Uses*
■ temporarily relieves day and night cramps and spasms in calves, legs, thighs, and arms and cramps from muscular overexertion.

Warnings
Do not use if the plastic sleeve around the tube is broken or missing. **Ask a doctor before use** if you have diabetes (each tablet contains 1.6g dextrose). **Stop use and ask a doctor** if symptoms persist for more than 3 days or worsen. **If pregnant or breast-feeding**, ask a health professional before use. **Keep out of reach of children.**

Directions
Adults and children age 12 and up: Chew or allow 1 tablet to dissolve in the mouth at bedtime and if cramps occur, up to 6 times per day. Take before, during, and after exercise. Contains dextrose; consider rinsing mouth with water before going to sleep.

Other information
■ stay hydrated ■ practice regular physical activity ■ store at 68-77 F (20-25 C)

Inactive ingredients
dextrose, lactose, magnesium stearate, citric acid, natural lemon flavor

*These "Uses" have not been evaluated by the Food and Drug Administration.
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TUP1DZU

NDC 0220-9073-06

LEG CRAMP RELIEF*

LEG CRAMP RELIEF*

**Day and Night Cramps
Cramps and Stiffness from Muscular Overexertion***

Arnicare® *Leg Cramps*

HOMEOPATHIC MEDICINE

- Non-Habit Forming
- No Known Drug Interactions
- Non-Drowsy

help your body
the **NATURAL**
way



BOIRON® **11 CHEWABLE TABLETS**

Active ingredients** Arnica montana 9C HPUS, Sarcocollacticum acidum 3C HPUS, Zincum oxydatum 3C

Uses* ■ temporarily relieves day and night cramps and spasms in calves, legs, thighs, and arms and cramps from muscular overexertion. **Warnings** **Do not use** if the plastic sleeve around the tube is broken or missing. **Ask a doctor before use** if you have diabetes (each tablet contains 1.6g dextrose). **Stop use and ask a doctor** if symptoms persist for more than 3 days or worsen. **If pregnant or breast-feeding**, ask a health professional before use. **Keep out of reach of children.** **Directions** Adults and children age 12 and up: Chew or allow 1 tablet to dissolve in the mouth at bedtime and if cramps occur, up to 6 times per day. Take before, during, and after exercise. Contains dextrose; consider rinsing mouth with water before going to sleep

Other information ■ stay hydrated ■ practice regular physical activity ■ store at 68-77 F (20-25 C)

Inactive ingredients dextrose, lactose, magnesium stearate, citric acid, natural lemon flavor

Questions or comments?
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Newtown Square, PA
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ARNICARE LEG CRAMPS

arnica montana, lactic acid, l-, zinc oxide tablet

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:0220-9073
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
ARNICA MONTANA (UNII: O80TY208ZW) (ARNICA MONTANA - UNII:O80TY208ZW)	ARNICA MONTANA	9 [hp_C]
ZINC OXIDE (UNII: SOI2LOH54Z) (ZINC OXIDE - UNII:SOI2LOH54Z)	ZINC OXIDE	3 [hp_C]
LACTIC ACID, L- (UNII: F9S9FFU82N) (LACTIC ACID, L- - UNII:F9S9FFU82N)	LACTIC ACID, L-	3 [hp_C]

Inactive Ingredients

Ingredient Name	Strength
WATER (UNII: 059QF0KO0R)	
CITRIC ACID MONOHYDRATE (UNII: 2968PHW8QP)	
MAGNESIUM STEARATE (UNII: 70097M6I30)	
DEXTROSE MONOHYDRATE (UNII: LX22YL083G)	
LEMON (UNII: 24RS0A988O)	
LACTOSE, UNSPECIFIED FORM (UNII: J2B2A4N98G)	

Product Characteristics

Color	white	Score	score with uneven pieces
Shape	ROUND	Size	20mm
Flavor	LEMON	Imprint Code	none
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:0220-9073-90	33 in 1 PACKAGE	06/15/2018	
1		11 in 1 TUBE; Type 0: Not a Combination Product		
2	NDC:0220-9073-06	11 in 1 TUBE; Type 0: Not a Combination Product	06/15/2018	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
unapproved homeopathic		06/15/2018	

Labeler - Boiron (282560473)**Registrant** - Boiron Inc. (014892269)**Establishment**

Name	Address	ID/FEI	Business Operations
Boiron		282560473	manufacture(0220-9073)

