

**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

Arnica montana 9C HPUS

Sarcolacticum acidum 3C HPUS

Zincum oxydatum 3C

Arnica montana 9C HPUS Relieves muscle fatigue causing or caused by cramps

Sarcolacticum acidum 3C HPUS Relieves pain and stiffness from muscular overexertion

Zincum oxydatum 3C Relieves day and night muscle cramps

Temporarily relieves day and night cramps and spasms in calves, legs, thighs, and arms and cramps from muscular overexertion.

Stop use and ask a doctor if symptoms persist for more than 3 days or worsen

Ask a doctor before use if you have diabetes (each tablet contains 1.6g dextrose)

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

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.

stay hydrated, practice regular physical activity, store at 68-77F (2-25C)

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

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

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

Arnicare.com

BoironUSA.com

Info@Boiron.com

1-800-BOIRON-1

(1-800-264-7661)

Distributed by: Boiron Inc.

6 Campus Blvd.

Newtown Square, PA 19073-3267

LEG CRAMP RELIEF
Arnicare®
Leg Cramps

Drug Facts
(continued)

Questions or comments?
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NDC 0220-9073-00

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



3 TUBES
(11 CHEWABLE TABLETS PER TUBE)

BOIRON®
World Leader in Homeopathic Medicines

help your body the NATURAL way

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

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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
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11 CHEWABLE TABLETS

BOIRON®

help your body the NATURAL way

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

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

Questions or comments?
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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
LACTOSE, UNSPECIFIED FORM (UNII: J2B2A4N98G)	
WATER (UNII: 059QF0K00R)	
CITRIC ACID MONOHYDRATE (UNII: 2968PHW8QP)	
MAGNESIUM STEARATE (UNII: 70097M6I30)	
DEXTROSE MONOHYDRATE (UNII: LX22YL083G)	
LEMON (UNII: 24RS0A988O)	

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		

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)