

INJURIES > Arnica Extract 4 fl. oz.

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Manufacturer: Pure Herbs, LTD.

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ARNICA - For external use only. Excellent first-aid for bruises, sprains, broken bones or concussions. Make several applications externally to the area until relief is felt. This is a very swift remedy. An overnight soak can be made for serious cases by putting 40 to 80 drops in cup of water and dampening a cloth or gauze with the solution and covering the injured area. Cover this with plastic sandwich wrap and hold in place with a bandage. Change the dressing once a day and allow the area to dry before reapplying the dressing. If the skin is sensitive, then apply vitamin E oil from 100 i.u.(International Unit) capsules prior to the dressing. The area can also be washed between dressings. Be sure to discard old dressings and never reuse. Most sprains respond rapidly and are usually corrected with a single overnight dressing or a simple single external application by rubbing in the drops. Arnica can also be used on the pulse points - 5 to 10 drops on each wrist and temple and back of the neck for emotional and physical shocks, upsets, anxiety or when frightened. 1 to 5 drops a day reduces cholesterol when rubbed on the pulse points in a similar manner. For an excellent sore throat remedy, spray with a spray bottle the sore area, using a mixture of 10 drops of the extract to one tablespoon of water.

DOSE:EXTERNAL USE ONLY - Also available in 1 oz*This product has not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.

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