

# Arnica Herbal Cream

Apply 3 times daily or as required.

For external use only.

Not to be used on broken skin.

**Ingredients:** Each 100g contains 10ml of Arnica montana extract (1:5) Equiv. to dry flower 20mg/g in an naturally derived cream base

**Warning:** *Always read the label and use only as directed. Seek professional advice if symptoms persist.*