

## Arnica Liquid Extract

Ingredients: certified organic alcohol (66-76%), distilled water & Arnica extractives.

**GLUTEN-FREE**

Dry herb / menstruum ratio: 1 : 10

We prepare our Arnica Extract from the whole flowers of *Arnica montana* plants which are **Certified Organically Grown** and/or **Sustainably Wildcrafted** in their native, high mountain habitat.

To assure optimal extraction of Arnica's bio-active compounds, the plants are hand-harvested when in full flower, are carefully shade-dried to retain their full color and aroma, and are then thoroughly extracted.

**HERB PHARM • WILLIAMS, OR 97544**

**800-348-4372 • [www.herb-pharm.com](http://www.herb-pharm.com)**

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

# whole flower ARNICA

**NERVOUS SYSTEM\***

**Minor Pain\***



HERBAL SUPPLEMENT

4 fluid ounces (118.4 ml)

### SUGGESTED USE

SHAKE WELL BEFORE USING

**Internal:** Take up to 10 drops in 8 oz. of water or juice, 1 to 3 times per day. Best taken between meals.

**Topical:** One to three times per day gently rub a small amount into the affected area until well absorbed.

**Caution:** Do not use during pregnancy, if trying to become pregnant or while nursing. Not for use in excited nervous states, gastrointestinal irritation, acute inflammation or high fever. Consult expert medical advice before using in children under 15 years of age, asthma, the aged and severely weakened individuals. Do not exceed recommended dose and limit internal use to two consecutive weeks followed by a two week break. Do not use on broken or abraded skin. Discontinue use if irritation appears on skin or in mouth, throat or stomach. Prolonged topical use or use on broken skin may cause skin irritation.

**Keep Out of the Reach of Children**  
**Store away from heat & light**