Points to Remember

1. **Absolūt Arnica Gel – a concentrated formula for more than just bruising**
   The sesquiterpene lactones present in fresh herbal Absolūt Arnica Gel make it ideal for many conditions where it will relieve painful symptoms such as muscle aches and swelling.

2. **Absolūt Arnica Gel – for cartilage protection**
   Clinical research has shown how Absolūt Arnica stops the cartilage destruction process.

3. **Gel format is quick acting**
   Absorbs quickly and extremely fast acting. Reapply as often as necessary.

4. **Absolūt Arnica Gel can be used with other medications and supplements**
   There is no need to worry about medicinal interactions.

5. **Absolūt Arnica Gel can be used during pregnancy and breast-feeding**
   It can also be used by those prone to asthma.

6. **Absolūt Arnica Gel is safe for children**
   Children’s bumps and bruises can be dealt with quickly and effectively.

7. **Absolūt Arnica Gel doesn’t smell unpleasant**
   The Gel will not make you or your clothes smell after application.

8. **No parabens, no colourings and suitable for vegetarians**
   This product is naturally yellow, as it is made with yellow arnica flowers. It does not contain animal or fish products nor is not tested on animals.

References
(1) Our gel contains 50% of Arnica tincture in a 1:20 ratio, which is equivalent to 25% in a 1:10 ratio.
(5) Suter A., Jäger C., Merfort I. Something to protect the cartilage? Arnica montana shows interesting chondroprotective properties.
(6) VI CONGRESO INTERNACIONAL DE FITOTERAPIA Y TÉCNICAS AFINES, November 7-9, 2008, Oviedo (E)
10-Minute Training

Absolüt Arnica Gel

THE MOST POWERFUL ARNICA GEL!
Up to 15% more Arnica concentrate.

A.Vogel
Absolüt Arnica Gel is a licensed herbal medicine made from freshly harvested, organically grown, handpicked Arnica flower heads. Absolüt Arnica Gel treats muscular aches, pains, stiffness, sprains, bruises, swelling after injuries such as sports injuries, back pain and arthritic pain.

Herbal Arnica – for more than just bruising

Absolüt Arnica Gel is made from Arnica montana, but is a herbal preparation rather than a homeopathic one. Our gel is highly concentrated and contains 25% of Arnica tincture (1:10), that is 15% more than other products on the market(1). This means that the powerful sesquiterpene lactones in the fresh Arnica flower heads are fully available with all their anti-inflammatory properties. Absolüt Arnica Gel is effective for bruising, but also for a large range of painful inflammatory situations.

The Gel format works quickly

The application of a gel rather than a cream ensures that the Arnica penetrates directly into the skin rather than sitting on top. The result is a very swift reduction in symptoms, with many people experiencing relief within 10-20 minutes of their first application. The effectiveness of the product does not wear off after a few weeks of use, but will continue to provide relief for as long as needed.

The quality is superb

Absolüt Arnica Gel is produced in a GMP certified factory and is licensed by Health Canada. The vibrant colour of Absolüt Arnica Gel is a reflection of the large quantity of healthy, organically grown flower heads used. 20 fresh Arnica flower heads go into the production of each tube of potent Absolüt Arnica. Colourless gels or gels that use colouring agents to achieve their colour are clearly not of the same quality.

The mode of action

Sesquiterpene lactones found within the flowerheads of freshly picked Arnica, act within the cell nucleus inhibiting the production of a transcription factor involved in inflammation called NF-κB. (2) Dampening down NF-κB means that fewer inflammatory chemicals are produced and therefore less inflammation is experienced.

Sesquiterpene lactones are relatively unstable substances and levels are their highest in fresh plant material. The use of dried herbs would reduce the effectiveness of the product, which is one of the many reasons we have always used fresh herbs straight from our organic fields.

TARGETED PAIN RELIEF

- Neck pain
- Shoulder pain
- Knee pain
- Muscle pain
The clinical evidence

A study in patients suffering from mild to moderate osteoarthritis of the knees found that 3 out of 4 experienced an improvement in their condition after using Absolüt Arnica.(3)

A study in patients with rheumatic complaints in at least one body site found that average pain measurements decreased by 50% over 3 weeks of using Absolüt Arnica.(4)

Another study concluded that the active constituents of Absolüt Arnica inhibit, in low concentration, the destructive processes in the cartilage.(5)

How does Absolüt Arnica compare to Collagen products?

Data from an in-vitro study shows that collagen could stimulate collagen production by the body.(6) New evidence shows that Absolüt Arnica inhibits the inflammation induced overproduction of metalloprotease enzymes, which leads to collagen destruction.(5) Therefore, the gel is both chondroprotective (protection of cartilage) and anti-inflammatory.

Can be used with glucosamine sulphate and Devil’s Claw

Glucosamine sulphate works in a completely different way than Absolüt Arnica. When taken internally, evidence has shown that glucosamine sulphate is beneficial to many people, helping to build up joint cartilage.(7),(8) Devil’s Claw, such as in Atrosan tabs, is a known anti-inflammatory and helps to reduce arthritic pain.(9) As it takes some time for benefits to be felt, the use of Absolüt Arnica with glucosamine supplements and Atrosan tabs will provide symptomatic relief while waiting for the supplements to start working.

Contraindications

Absolüt Arnica Gel should not be used in cases of sensitivity to Arnica preparations, other members of the daisy family or any other ingredients. Sensitivity usually causes a mild skin rash that resolves once application is stopped. It should not be used on broken skin. There are no contraindications with medication or supplements(10). It is safe for use on children over the age of two and on breast-feeding women. Can be used by pregnant women under the supervision of a medical practitioner. It is safe for use in those prone to asthma. Suitable for long-term use. External use only.

Sports injuries

Absolüt Arnica Gel can be used immediately after sustaining a bruise, strain or sprain. Continue to apply until pain has resolved.