

# RESOLVE THE INFLAMMATION – ACTIVATE THE HEALING




**Traumeel®**

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# RESOLVE THE INFLAMMATION – ACTIVATE THE HEALING

## EFFECTIVE INFLAMMATION RELIEF

- Traumeel® is an effective, natural treatment that helps relieve inflammation, muscle and joint pain.<sup>1-9</sup>
- Traumeel® stimulates your body's healing process safely through the combination of 14 natural ingredients, each with a known beneficial effect on inflammation.<sup>10, 11</sup>
- Traumeel® belongs in every first aid kit.



Traumeel® has been used in more than 50 countries around the world for over 85 years. It has helped millions of patients gain relief from pain and inflammation.

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# BENEFITS FOR YOU AND YOUR FAMILY

IN CASE OF INJURY OR INFLAMMATION ...  
THINK TRAUMEEL®

Physical activity can be beneficial for everyone. Keeping active is also important to help strengthen muscles and keep joints moving. But injuries do happen.

- Traumeel® helps speed recovery.<sup>1,2</sup>
- Traumeel® is a proven, natural and effective treatment.<sup>1-9</sup>
- Traumeel® is well tolerated and adverse effects are very rare.<sup>1-7, 12, 13</sup>
- Traumeel® supports the healing process and gets you back to normal activity.<sup>1-9</sup>

## WHATEVER AGE YOU ARE, TRAUMEEL® PROVIDES EFFECTIVE RELIEF

- Sprains and strains
- Acute muscle and joint injuries
- Bruises
- Low back pain
- Repetitive strain injuries or tendon pain

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The use of non-steroidal anti-inflammatory drugs (NSAIDs) may delay the natural healing process, as the inflammation suppressed by NSAIDs is a necessary component of tissue recovery.<sup>14-16</sup> Traumeel® uses the synergistic power of 14 natural ingredients to help you recover from pain and strain in joints and muscles to help you quickly get back to normal activity.<sup>1-9</sup>

For more information, consult your pharmacist, doctor or visit [www.traumeel.com](http://www.traumeel.com)

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# HOW CAN YOU PREVENT TRAUMATIC INJURIES?

When it comes to your health, prevention is always better than cure. Many traumatic injuries can be prevented simply by taking care in everyday life and preparing properly for any physical activity.

Here are a few tips to help you prevent traumatic injuries.

## EVERYDAY LIFE AND WORK

- Be aware of your surroundings – many common injuries are caused by avoidable trips and falls.
- Learn and practice proper techniques for lifting and carrying.
- Don't do anything that causes you pain – pain is your body's way of telling you to stop the activity.
- Increase your general muscle strength with weight training, ideally starting in a gym under supervision since serious injuries can result from incorrect lifting.



## SPORTS AND EXERCISE





- Keep in mind your age, level of conditioning and any medical conditions you may have when you exercise – be realistic about what you are capable of achieving.
- Avoid the ‘too much, too soon’ injury trap.
- Unfamiliar exercises should be completed under supervision.
- Always warm up before exercising and cool down immediately afterwards.
- Stretch regularly – staying flexible is particularly important as you get older. Never stretch when your muscles are cold.
- Use appropriate sports and exercise equipment, including appropriate shoes and clothes that provide adequate support or cushioning.
- Stay hydrated – aim to drink one glass of water for every twenty minutes of exercise.
- Listen to your body and stop if you feel unwell, over-tired or become injured.
- Balance exercise with rest – tiredness may increase the risk of injury.

# HOW TO HELP YOURSELF IF YOU DO GET INJURED

Traumatic injuries can happen during everyday activities. Here are some tips in case you get injured.

- Initial treatment (first 72 hours) for inflammatory injuries is based on the principles of implementing 'R.I.C.E.' and avoiding 'H.A.R.M.'
- Take advice on what exercise, if any, you can still do with your injury – your doctor or health care professional can give you appropriate exercises to help speed your recovery.

## IMPLEMENT R.I.C.E.

<b>R</b>	<b>I</b>	<b>C</b>	<b>E</b>
<b>REST</b>	<b>ICE</b>	<b>COMPRESSION</b>	<b>ELEVATION</b>
			
Rest the part of your body which has been injured	To reduce pain and swelling, wrap a bag of ice in a towel to prevent frostbite and apply for 10 minutes at a time, throughout the day	Use a crepe bandage or a tubular bandage to help reduce swelling and discomfort	Raise the injured area, for example, by putting a sprained ankle up on a stool, to help limit the damage

*Seek medical advice if you are in doubt about the treatment or if the injury seems serious, for example, if the pain seems greater than you'd expect, if a muscle or joint is very swollen or if movement seems very restricted.*



## AVOID H.A.R.M.

# H

### HEAT



Hot baths, saunas or heat packs can increase blood flow and swelling

# A

### ALCOHOL



Drinking alcohol will increase blood flow and swelling and decrease healing

# R

### RE-INJURY



Avoid any form of exercise that could cause more damage

# M

### MASSAGE



If begun too early following injury, massage can increase damage by encouraging blood flow and swelling



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# UNDERSTANDING INFLAMMATION

When we sustain an injury, the affected area typically becomes swollen, red, painful and warm to the touch – this is the body’s protective reaction to the injury and these are symptoms of inflammation.

In the past, inflammation had negative connotations and anti-inflammatory medicines were thought necessary. Scientists now recognize inflammation as a necessary and protective response.

Inflammation is a natural and essential part of the recovery process, and healing will be compromised without it.



## INITIATION

When an injury occurs, the body releases signal molecules called mediators, which attract more cells from blood vessels.



## TRANSITION

The mediators send signals into the surrounding tissue and cells to recruit more inflammatory cells, to initiate repair, healing and active the program of resolution.



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Strong anti-inflammatory medicines may eliminate the proinflammatory process, which in turn, reduces the necessary signals that stimulate healing.

Certain anti-inflammatory medicines are said to be “resolution-toxic”, meaning they inhibit the resolution healing process.<sup>17</sup> A pro-resolution treatment will complement and support the body’s way of naturally resolving inflammation.

- Cytokines are proteins in the body that can either increase (pro-inflammatory cytokines) or reduce (anti-inflammatory cytokines) inflammation.
- Excessive inflammation is caused by an imbalance of pro-inflammatory and anti-inflammatory cytokines.
- Unresolved inflammation may lead to chronic diseases and repetitive injuries.<sup>16, 18</sup>



### RESOLUTION

Pro-inflammatory cells become pro-resolution cells and harmful cells are eliminated to help restore the tissue.



### POST-RESOLUTION

The tissue is repopulated by its normal cells, helping the injured tissue return to equilibrium.

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## TRAUMEEL® BELONGS IN EVERY FIRST AID KIT



- Traumeel® is an effective, natural treatment that helps relieve inflammation, muscle and joint pain.<sup>1-9</sup>
- Traumeel® stimulates your body's healing process safely through the combination of 14 natural ingredients, each with a known beneficial effect on recovery.<sup>10, 11</sup>
- Traumeel® belongs in every first aid kit.

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## WHY SHOULD I USE TRAUMEEL®?

### HOW DOES TRAUMEEL® WORK?

- Traumeel® is a multitarget, multicomponent medication that supports inflammation resolution, helps to accelerate the healing process and provides sustained recovery from injury.<sup>1-9</sup>
- Traumeel® works to restore the balance by targeting multiple mediators, reducing pro-inflammatory and increasing anti-inflammatory cytokines.<sup>19,20</sup>
- Traumeel® brings together a number of natural ingredients that target inflammation and promote recovery in different, complementary ways.<sup>10,11</sup>

### TRAUMEEL®: AN EFFECTIVE TREATMENT FOR A WIDE RANGE OF CONDITIONS

- Supports the healing process.<sup>10</sup>
- Sustainable and reliable relief of pain in joints and muscles – to help you get back to normal activity.<sup>1-9</sup>
- Well tolerated and without significant safety issues.<sup>1-7, 12, 13</sup>
- Can be used over prolonged periods of time without causing gastrointestinal bleeding, cardiovascular or renal side effects.<sup>12, 13</sup>
- No known interactions with other medications.<sup>12, 13</sup>
- Suitable for almost any age, including children and the elderly.<sup>1-9</sup>

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## WHEN SHOULD I USE TRAUMEEL®?

Everyone experiences strains, sprains and minor knocks going about their daily life, from children bumping their knees to adults spraining an ankle running for a train.

Sports injuries, whether you're a professional sports person or an amateur enthusiast, are common and can be frustrating when they put you out of action.

Later in life, people become more susceptible to strains, sprains and inflamed joints, but this need not be limiting to daily life.

### WHATEVER AGE YOU ARE, TRAUMEEL® PROVIDES EFFECTIVE RELIEF

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## TRAUMEEL® – FOR EVERYONE



### **Sophia has a sprained ankle.**

She tripped on the stairs outside the office. Pain is acute and walking is difficult. The GP has diagnosed an ankle sprain.

### **WHICH TRAUMEEL®?**

Traumeel® ointment or gel (as preferred) is suitable for ankle sprain. Traumeel® tablets can be used in addition to any prescribed medicine, adding a natural medicine to help speed recovery and return to work.



**Anna has tennis elbow**, after intensive preparation for her tennis club tournament. Pain and tenderness is on the outside of her right elbow. She is looking for rapid relief that will allow her to get back on the court.

### **WHICH TRAUMEEL®?**

Traumeel® ointment or gel (as preferred) is suitable for application on the painful elbow. Traumeel® tablets can be taken additionally to help speed recovery from the inside.



**Mike has a painful right knee** when walking briskly, running or cycling and this can be acute. He wants relief as soon as possible and cannot afford to be away from work.

### **WHICH TRAUMEEL®?**

Traumeel® ointment or gel (as preferred) can be applied to the painful knee and Traumeel® tablets can be taken additionally to cope with acute flare-ups.



**Connie has low back pain** after working in the garden. She is in discomfort and needs to get back to normal activity levels.

### **WHICH TRAUMEEL®?**

Traumeel® tablets are suitable for people with low back pain. As it's a natural treatment, it won't interfere with other medicines being taken. Traumeel® ointment or gel can be applied as and when needed.

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# ACTIVE INGREDIENTS

## ACHILLEA MILLEFOLIUM

(milfoil)

*Treats minor bleeding*



## ECHINACEA PURPUREA

(purple cone flower)

*Provides immune support*



## ACONITUM NAPELLUS

(monkshood)

*Reduces pain after injury*



## HAMAMELIS VIRGINIANA

(witch hazel)

*Relieves pain and swelling*



## ARNICA MONTANA

(mountain arnica)

*Reduces swelling and bruising and stimulates healing*



## HYPERICUM PERFORATUM

(St. John's wort)

*Relieves pain*



## ATROPA BELLADONNA

(deadly nightshade)

*Reduces swelling and pain*



## MATRICARIA RECUTITA

(chamomile)

*Provides soothing pain relief*



## BELLIS PERENNIS

(daisy)

*Treats bruising, swelling and soreness*



## SYMPHYTUM OFFICINALE

(comfrey)

*Relieves joint pain*



## CALENDULA OFFICINALIS

(calendula)

*Stimulates the healing process*



## CALCIUM SULPHIDE

(hepar sulfuris)

*Reduces swelling and sensitivity*



## ECHINACEA ANGUSTIFOLIA

(narrow-leaved cone flower)

*Provides immune support*



## MERCURY AMIDONITRATE

(mercurius solubilis hahnemanni)

*Reduces swelling*







# HOW DO I USE TRAUMEEL®?

Traumeel® is available in multiple formulations that allow flexible administration for all ages.

Find them at your local pharmacy.

	 OINTMENT/GEL	 TABLETS
ADULTS (AND CHILDREN 12 YEARS AND OLDER)	<p>Apply 2x daily, or more often if needed</p> <p>Apply 2x daily, or more often if needed</p>	<p>1 tablet every ½ to 1 hour, up to 12x daily, and then continue with standard dosage</p> <p>1 tablet 3x daily</p>
CHILDREN 6–11 YEARS	<p>Apply 2x daily, or more often if needed</p> <p>Apply 2x daily, or more often if needed</p>	<p>1 tablet every 1 to 2 hours, up to 8x daily, and then continue with standard dosage</p> <p>1 tablet 2x daily</p>
CHILDREN 2–5 YEARS	<p>Apply 2x daily, or more often if needed</p> <p>Apply 2x daily, or more often if needed</p>	<p>1 tablet every 1 to 2 hours, up to 6x daily, and then continue with standard dosage</p> <p>1 tablet 1–2x daily</p>
CHILDREN 0–2 YEARS	<p>Apply 2x daily, or more often if needed</p> <p>Apply 2x daily, or more often if needed</p>	<p>1 tablet every 1 to 2 hours, up to 4x daily, and then continue with standard dosage</p> <p>1 tablet 1x daily</p>

For further information see package insert.

 Acute/Initial
  Standard

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# PRODUCT INFORMATION

This is the master version of the Traumeel® Summary of Product Characteristics (SmPC). For local adaptation and approval, please refer to your local Traumeel® SmPC.

## TRAUMEEL® FORMULATIONS AND DOSING RECOMMENDATIONS

**Traumeel®:** Tablets • Solution for Injection • Ointment • Gel • Drops

**Compositions: Tablets:** 1 tablet containing: **Active ingredients:** Achillea millefolium D3 15.0 mg; Aconitum napellus D3 30.0 mg; Atropa belladonna D4 75.0 mg; Hepar sulfuris D8 30.0 mg; Matricaria recutita D3 24.0 mg; Mercurius solubilis Hahnemanni D8 30.0 mg; Symphytum officinale D8 24.0 mg; Bellis perennis D2 6.0 mg; Calendula officinalis D2 15.0 mg; Echinacea D2 6.0 mg; Echinacea purpurea D2 6.0 mg; Hamamelis virginiana D2 15.0 mg; Hypericum perforatum D2 3.0 mg; Arnica montana D2 15.0 mg. **Excipients:** Lactose monohydrate 6.0 mg; Magnesium stearate 1.5 mg. **Contents:**

**lactose! Please see package insert! Solution for Injection:** 1 ampoule of 2.2 ml (= 2.2 g) contains: **Active ingredients:** Achillea millefolium D3 2.20 mg; Matricaria recutita D3 2.20 mg; Symphytum officinale D6 2.20 mg; Aconitum napellus D2 1.32 mg; Atropa belladonna D2 2.20 mg; Bellis perennis D2 1.10 mg; Calendula officinalis D2 2.20 mg; Echinacea D2 0.55 mg; Echinacea purpurea D2 0.55 mg; Hypericum perforatum D2 0.66 mg; Hepar sulfuris D6 2.20 mg; Mercurius solubilis Hahnemanni D6 1.10 mg; Hamamelis virginiana D1 0.22 mg; Arnica montana D2 2.20 mg. **Excipients:** Sodium chloride 19.4 mg, Water for injections 2179.1 mg. **Ointment:** 100 g containing: **Active ingredients:** Achillea millefolium D4 0.090 g; Aconitum napellus D4 0.050 g; Arnica montana D4 1.500 g; Atropa belladonna D4 0.050 g; Bellis perennis D4 0.100 g; Calendula officinalis D4 0.450 g; Echinacea D4 0.150 g; Echinacea purpurea D4 0.150 g; Hamamelis virginiana D4 0.450 g; Hepar sulfuris D6 0.025 g; Hypericum perforatum D6 0.090 g; Matricaria recutita D4 0.150 g; Mercurius solubilis Hahnemanni D6 0.040 g; Symphytum officinale D4 0.100 g. **Excipients:** Paraffin, liquid 9.342 g; Cetostearyl alcohol (type A), emulsifying 8.007 g; Paraffin, white soft 9.342 g; Water, purified 60.579 g; Ethanol (96%) 9.335 g; Preserved with 12.7 vol.-% alcohol. **Gel:** 100 g containing: **Active ingredients:** Achillea millefolium D0 0.090 g; Aconitum napellus D1 0.050 g; Arnica montana D3 1.500 g; Atropa belladonna D1 0.050 g; Bellis perennis D0 0.100 g; Calendula officinalis D0 0.450 g; Echinacea D0 0.150 g; Echinacea purpurea D0 0.150 g; Hamamelis virginiana D0 0.450 g; Hepar sulfuris D6 0.025 g; Hypericum perforatum D6 0.090 g; Matricaria recutita D0 0.150 g; Mercurius solubilis Hahnemanni D6 0.040 g; Symphytum officinale D4 0.100 g. **Excipients:** Water, purified 74.652 g; Ethanol (96%) 18.653 g; Carbomers (Carbopol 980NF) 1.000 g; Sodium hydroxide solution 18% (m/m) 2.300 g; Contains 24.4 vol.-% alcohol. Purified water, ethanol 96% (V/V), carbomers, sodium hydroxide solution 18% m/m. **Drops:** 100 g containing: **Active ingredients:** Aconitum napellus D3 10.0 g; Atropa belladonna D4 25.0 g; Symphytum officinale D8 8.0 g; Achillea millefolium D3 5.0 g; Calendula officinalis D2 5.0 g; Echinacea D2 2.0 g; Echinacea purpurea D2 2.0 g; Hamamelis virginiana D2 5.0 g; Hypericum perforatum D2 1.0 g; Matricaria recutita D3 8.0 g; Hepar sulfuris D8 10.0 g; Mercurius solubilis Hahnemanni D8 10.0 g; Arnica montana D2 5.0 g; Bellis perennis D2 2.0 g. **Excipients:** Water, purified 2.0 g; Contains 35 vol.-% alcohol.

**Indications: Tablets, Solution for Injection, Ointment, Gel, Drops:** The medicinal product is used for the treatment of various inflammatory conditions including injuries, especially of the musculoskeletal system.

**Contraindications: Tablets, Solution for Injection, Gel, Drops:** Known allergy (hypersensitivity) to one or more of the ingredients, including plants of the daisy family (Asteraceae) such as Arnica montana (arnica), Calendula officinalis (pot marigold), Chamomilla recutita (chamomile), Echinacea (coneflower), Achillea millefolium (yarrow), Bellis perennis (daisy). **Ointment:** Known allergy (hypersensitivity) to one or more of the ingredients, including plants of the daisy family (Asteraceae) such as Arnica montana (arnica), Calendula officinalis (pot marigold), Chamomilla recutita (chamomile), Echinacea (coneflower), Achillea millefolium (yarrow), Bellis perennis (daisy) and emulsifying cetylstearyl alcohol.

**Special warnings and special precautions for use: Tablets:** Patients with rare hereditary problems of galactose intolerance, Lapp lactase deficiency or glucose-galactose malabsorption should not take this medicinal product. As this product contains Echinacea, individual evaluation is recommended before prescribing this product in patients with immune system dysfunction, e.g. cases of progressive systemic disorders, autoimmune diseases, immunodeficiencies, immunosuppression and diseases of the white blood cell system. **Solution for Injection:** As this product contains Echinacea, individual evaluation is recommended before prescribing this product in patients with immune system dysfunction, e.g. cases of progressive systemic disorders, autoimmune diseases, immunodeficiencies, immunosuppression and diseases of the white blood cell system. **Ointment:** Cetylstearyl alcohol may cause local skin reactions (e.g. contact dermatitis). Avoid contact with eyes, mucosae, open wounds or broken skin. **Gel:** Avoid contact with eyes, mucosae, open wounds or broken skin. **Drops:** This medicinal product contains 35 vol.-% ethanol (alcohol). As this product contains Echinacea, individual evaluation is recommended before prescribing this product in patients with immune system dysfunction, e.g. cases of progressive systemic disorders, autoimmune diseases, immunodeficiencies, immunosuppression and diseases of the white blood cell system.

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**Side effects:** Like all medicinal products, this homeopathic medicinal product can cause side effects, although not everybody gets them. **Tablets:** In isolated cases transient skin reactions have been reported. **Solution for Injection:** In isolated cases transient allergic (hypersensitivity) reactions (e.g. skin allergies, redness/swelling at the injection site, even up to anaphylaxis) have been reported. **Gel:** In isolated cases transient skin reactions (eg. rash, itchiness) have been reported. **Ointment:** In isolated cases transient skin reactions have been reported. **Drops:** In isolated cases transient allergic skin reactions have been reported.

**Interactions with other medication:** **Tablets:** None have been reported, and none are expected due to the homeopathic dilutions. **Solution for Injection, Drops:** No interactions have been reported, and none are expected due to the homeopathic dilutions. **Ointment, Gel:** No interactions have been reported, and none are expected due to the homeopathic dilutions and external use.

**Pregnancy and lactation:** For this product no clinical data on pregnancy and lactation are available. Homeopathic dilutions of the substances present in this medicinal product are not known to be harmful during pregnancy and lactation. No adverse effects have so far been reported.

**Effects on ability to drive and use machines:** **Tablets, Solution for Injection:** No effects on the ability to drive and use machines have been reported, and none are expected due to the homeopathic dilutions. **Ointment, Gel:** Not applicable. **Drops:** This medicinal product has no or negligible influence on the ability to drive and use machines.

**Dosage:** **Tablets:** Unless otherwise prescribed: Standard dosage: *Adults (and children 12 yrs. and older):* 1 tablet 3x daily. *Pediatric:* below 2 yrs.: 1 tablet 1x daily. 2–5 yrs.: 1 tablet 1–2x daily. 6–11 yrs.: 1 tablet 2x daily. Acute or initial dosage: *Adults (and children 12 yrs. and older):* 1 tablet every ½ to 1 hr., up to 12x daily, and then continue with standard dosage. *Pediatric:* below 2 yrs.: 1 tablet every 1 to 2 hrs., up to 4x daily, and then continue with standard dosage. 2–5 yrs.: 1 tablet every 1 to 2 hrs., up to 6x daily, and then continue with standard dosage. 6–11 yrs.: 1 tablet every 1 to 2 hrs., up to 8x daily, and then continue with standard dosage. Method of administration: Preferably allow the tablet to dissolve in the mouth, and then swallow. For children it is possible to crush the tablet and add to a small amount of water. This medicine should be taken away from meals. **Solution for Injection:** unless otherwise prescribed: Standard dosage: *Adults (and children 12 yrs. and older):* 1 ampoule 1 to 3x weekly. *Pediatric:* 2–5 yrs.: ½ ampoule 1 to 3x weekly. 6–11 yrs.: ⅓ of an ampoule 1 to 3x weekly. Acute or initial dosage: *Adults (and children 12 yrs. and older):* 1 ampoule daily, and then continue with standard dosage. *Pediatric:* 2–5 yrs.: ½ ampoule daily, and then continue with standard dosage. 6–11 yrs.: ⅓ of an ampoule daily, and then continue with standard dosage. Method of administration: may be administered by the s.c., i.a., i.d., i.m. or i.v. route. **Ointment, Gel:** Unless otherwise prescribed: Standard dosage: *Adults (and children 12 yrs. and older):* apply 2x daily, or more often if needed. *Paediatric:* below 2 yrs.: apply 2x daily, or more often if needed. 2–5 yrs.: apply 2x daily, or more often if needed. 6–11 yrs.: apply 2x daily, or more often if needed. Method of administration: for external use only. Apply generously to the affected area. Traumeel® may be applied using mild compression bandaging and/or occlusive bandaging. **Drops:** unless otherwise prescribed: Standard dosage: *Adults (and children 12 yrs. and older):* 10 drops 3x daily. *Pediatric:* below 2 yrs.: 3 drops 3x daily. 2–5 yrs.: 5 drops 3x daily. 6–11 yrs.: 7 drops 3x daily. Acute or initial dosage: *Adults (and children 12 yrs. and older):* 10 drops every ½ to 1 hr., up to 12x daily, and then continue with standard dosage. *Pediatric:* below 2 yrs.: 3 drops every ½ to 1 hr., up to 12x daily, and then continue with standard dosage. 2–5 yrs.: 5 drops every ½ to 1 hr., up to 12x daily, and then continue with standard dosage. 6–11 yrs.: 7 drops every ½ to 1 hr., up to 12x daily, and then continue with standard dosage. Method of administration: This medicine should be taken away from meals. For children, add drops to a small amount of water. **Duration of use:** **Tablets, Solution for Injection, Drops:** As this product contains Echinacea, individual evaluation is recommended before prescribing this product for periods longer than 8 weeks.

**Overdose:** **Tablets, Solution for Injection, Drops:** No cases of overdose have been reported, and none are expected due to the homeopathic dilutions. **Ointment, Gel:** No cases of overdose have been reported, and none are expected due to the homeopathic dilutions and external use.

**Package sizes:** **Tablets:** Packs containing 50 and 250 tablets. (9753) **Solution for Injection:** Packs containing 5, 10, 50 and 100 ampoules of 2.2 ml. (8561) **Ointment:** Tubes containing 50 and 100 g of ointment. (9932). **Gel:** Tubes containing 50 and 100 g of gel. (9934). **Drops:** Drop bottles containing 30 and 100 ml. (9804).

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Please read the package insert and consult your doctor or pharmacist about possible risks and side effects. Medication names, indications and formulas may vary from country to country; package inserts provide country-specific information.

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# RESOLVE THE INFLAMMATION – ACTIVATE THE HEALING



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**-Heel**