



Atrogel®

Muscle Aches & Pains

Arnica Gel

## Information

### Important things you need to know

- This product is used to relieve muscular aches and pains.
- This product is suitable for adults, older people and children.
- **Don't use** this product if you are allergic to Arnica or any of the ingredients: see section 6.
- **Before you use this product:** read section 2.
- **Dosage instructions:** see section 3.
- **Talk to your doctor** if your symptoms worsen, or do not improve within 2 weeks.
- Side effects can occur when using this product: see section 4.

**Now read the rest of this leaflet carefully.** Keep this leaflet. You may need to read it again.

### 1. What Atrogel is and what it is used for

Atrogel is a traditional herbal medicinal product used to relieve

- Muscular aches, pains and stiffness
- Sprains
- Bruises
- Swelling after injury

This is based on traditional use only.

## Do's and Don'ts for using Atrogel

### 2. What you need to know before you use Atrogel

#### Do not use Atrogel

- If you are **allergic** to:
  - Arnica or plants of the daisy (Asteraceae/Compositae) family. Arnica is a member of the daisy family.
  - Any of the other ingredients of this product (listed in section 6).

#### Take special care with Atrogel

- Do not use more than the leaflet tells you to.
- Do not use in or near your eyes, nose, mouth or other sensitive areas. It may cause irritation.
- Do not use on broken, cut or irritated skin. It may cause irritation.
- See your doctor, pharmacist or qualified healthcare practitioner if your symptoms worsen, or do not improve within 2 weeks.

#### Pregnancy and breast-feeding

- Do not use if you are pregnant or breast-feeding.

## Using Atrogel

### 3. How to use Atrogel

When first opening the tube check that the seal is not broken. Remove seal before use.

#### Recommended dose

##### Adults, older people and children:

Apply 2 - 10 cm gently to the affected area. Use 2 to 4 times a day.

Do not use more than the leaflet tells you to.

For use on the skin only. This means you can use Atrogel on your skin but not in or near your eyes, nose, mouth or other sensitive areas. Do not apply if your skin surface is broken, cut or irritated.

#### If you use more Atrogel than you should

- Your skin may become red or irritated. If this happens stop using Atrogel.

#### If you forget to use Atrogel

- Do not worry about the missed dose. Apply the next dose as usual.



## Using Atrogel

### If you feel Atrogel is not working

- See your doctor, pharmacist or qualified healthcare practitioner if your symptoms worsen, or do not improve within 2 weeks.

If you have any further questions on the use of this product ask your doctor, pharmacist or qualified healthcare practitioner.



## Side effects

### 4. Possible side effects

Like all medicines, this product can cause side effects, although not everybody gets them.

#### Side effects

The following side effects can occur when using this product.

- Itching
- Rash
- Redness of the skin
- Eczema

Stop using this product if any of these occur. If you find these are troubling you, talk to your doctor, pharmacist or qualified healthcare practitioner.

It is not known how often these side effects occur.

#### If Atrogel is swallowed by mistake

- Contact your doctor, pharmacist or qualified healthcare practitioner immediately.

### Reporting of side effects

- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.
- You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store.
- By reporting side effects you can help provide more information on the safety of this medicine.



## Information

### 5. How to store Atrogel

- Replace cap after use.
- Store in the original container.
- Keep this product out of the sight and reach of children.
- Do not use this product after the expiry date which is stated on the tube and carton. The expiry date refers to the last day of that month.
- Use within 6 months of opening.
- This medicinal product does not require any special storage conditions before it is opened.
- After opening, store below 25°C.
- Do not use this product if you notice a change in appearance. It should be a slightly cloudy gel which is golden-brown to yellowy-green in colour.

### 6. Contents of the pack and other information

#### What Atrogel contains

1 g of gel contains 500 mg of extract (as liquid extract) of fresh *Arnica montana* L. flowers (equivalent to 120 - 200 mg fresh Arnica flowers). Extraction solvent: Ethanol 58% V/V.

The other ingredients used for the gel are ethanol, purified water, glycerol (plant origin) and ammonium acryloyldimethyltaurate/VP copolymer (thickener).

#### What Atrogel looks like and contents of the pack

Atrogel is a slightly cloudy gel that is golden-brown to yellowy-green in colour. Atrogel is available in 50 ml and 100 ml tubes.

### Traditional Herbal Registration Holder and Manufacturer

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THR 13668/0009



Certification Mark

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### You should also know

Do not use too much Atrogel as this may stain your clothes.

A.Vogel runs a helpline by phone and email which can provide you with further information.

Email: [enquiries@avogel.co.uk](mailto:enquiries@avogel.co.uk)  
Phone: **0845 608 5858**

You can get a larger print or audio version of this leaflet. Call this number: 0845 608 5858