



Naka Products

Arnica Cream: Available in 100 ml

Product benefits by category:

- GOLD** Athletic Performance, **Body Care & Topical Use**, Injuries.
- BRONZE** Arthritis & Joint Care, Mood.

Don't let muscular pain affect your active lifestyle!

Naka's Arnica Cream is used by sports enthusiasts to relax muscles and relieve muscular pain. It activates blood circulation and produces a comfortable feeling of deep warmth. Less is more with this product - all you need is a dab the size of a pea to provide relief from muscle strain, bruising and inflammations due to over use or arthritis. Arnica speeds healing and reduces inflammation; the essential oils are relaxing, restorative and have fast results. It is recommended to use Arnica Cream before training and competitions as an excellent preventative against strains. If you use too much of this product it may over-stimulate and cause itching as it draws blood flow to area, so be sure to use as recommended.

Recommended purpose or use: Arnica Cream is traditionally used in herbal medicine to help relieve pain and/or inflammation in muscles and joints.

Recommended dose: (Adults) Apply to affected areas as needed.

Directions of use: For active athletes, massage the cream onto legs, shoulders, chest and back before training and competitions. Less is more with this product...all you need is an amount the size of a pea! If you use too much of this product it will over-stimulate and cause itching as it draws blood flow to the area.

Medicinal ingredients:

Arnica (*Arnica montana*), flower*1.00%
[*from arnica flower extract]

Non-medicinal ingredients:

Water, glyceryl stearate, pentylene glycol, isopropyl myristate, glycerin, myristyl myristate, polyglyceryl-3 methylglucose distearate, cetearyl alcohol, caprylic/capric triglyceride, alcohol denat., St. John's Wort (*hypericum perforatum*) extract, camphor, peppermint (*mentha piperita*) oil, lavender (*lavandula angustifolia*) oil, rosemary (*rosmarinus offi cinalis*) leaf oil, wintergreen (*gaultheria procumbens*) leaf oil, panthenol, xanthan gum, sodium citrate, benzyl nicotinate, linalool, dipentene, geraniol, citric acid.

Cautions and warnings:

Consult a health care practitioner if symptoms persist or worsen.

Contraindications:

- Do not apply to broken skin.
- Do not take internally.
- Do not apply near or on the nipple if you are breastfeeding.
- Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family.
- Do not put arnica cream into eyes.

Known adverse reactions:

Hypersensitivity (e.g. allergy) has been known to occur. If this happens, discontinue use.

