

# HEALING SUPPLEMENTS PROGRAM

## Supplement Facts

Serving Size 6 Capsules

Servings per container 10

	Amount Per Serving	% Daily Values
Bromelain (3,000 Milk Clotting Units)	1,500 mg	†
Quercetin	1,500 mg	†

† Daily Values not established.

# ARNICA MONTANA

## Drug Facts

### Active Ingredients

Arnica Montana 30X HPU5

### Purposes

Anti-Inflammatory

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### Uses

Temporary relief of bruising, swelling and pain

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### Warnings

If you are nursing, pregnant, or taking any medications, consult your doctor before use. Discontinue use if any adverse reactions occur.

If symptoms do not subside within 14 days, contact your physician.

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### **KEEP OUT OF REACH OF CHILDREN.**

Tamper evident: Do not use if seal is broken or shows any sign of tampering.

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### Directions

Begin taking Arnica Montana immediately following soft tissue injury or surgery and continue until the bruising and swelling subsides. To ensure proper absorption, do not brush your teeth, eat or drink anything but water 15 minutes before and 15 minutes after taking this product. This product is a sublingual application. Do not handle the tablets. Instead, drop tablets directly under the tongue and let dissolve naturally. Adults: 3 tablets, 3 times a day.

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### Ingredient

Lactose, Gum Acacia