

## **ARNICA MONTANA**

Arnica Montana is a homeopathic remedy designed to reduce the bruising and swelling that often accompanies a surgical or non-surgical procedure. While there are many different types of Arnica Montana available on the market, we recommend 2 specific types of Arnica Montana:

1. VitaMedica's Arnica Montana is sourced from Germany, where standards for production of homeopathic remedies are among the highest in the world. VitaMedica's Arnica Montana is made from 100% organically grown plants, thus ensuring a product that is safe, pesticide-free and contains no artificial ingredients, colors, or dyes. The 30x potency was based upon extensive research and trials that indicate this strength is optimal for minimizing bruising and swelling following a procedure.

Instructions: Take 3 tablets 3 times a day for a total of 7-14 days. We recommend you start VitaMedica's Arnica Montana the day before your procedure. Please refrain from taking the medication on the day of your procedure. You may resume taking VitaMedica's Arnica Montana the day after your procedure.

To purchase VitaMedica Arnica Montana, please visit the website: <http://vitamedica.com/>

2. SINECCH (pronounced sinn' ekk) is an Arnica Montana preparation made by Alpine Pharmaceuticals in accord with the FDA's regulations for Homeopathic preparations. It has been clinically proven to reduce bruising by 25 to 41%.

Instructions: Take 1 tablet 3 times a day for a total of 4 days. Although the manufacturer recommends you start SINECCH the day of your procedure, we recommend you start SINECCH the day before your procedure. Please refrain from taking the medication on the day of your procedure. You may resume taking SINECCH the day after your procedure.

To purchase SINECCH, please visit the website: <http://www.alpinepharm.com/>

Please do not hesitate to contact us at 949.650.8882 or 310.467.2180 if you have any questions or concerns.