

Package Leaflet:  
Information for the User

**A.Vogel**

**Atrogel**  
Arnica Gel



## Information

**Read all of this leaflet carefully because it contains important information for you.**

This medicine is available without prescription. However, you still need to use Atrogel carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- If you need more information or advice ask your doctor, pharmacist or healthcare practitioner.
- You must contact a doctor, pharmacist or healthcare practitioner if your symptoms worsen or do not improve within 2 weeks.
- If any of the side effects become serious, or if you notice any side effect not listed in this leaflet, please tell your doctor, pharmacist or healthcare practitioner.

## In this leaflet:

1. What Atrogel is and what it is used for
2. Before you use Atrogel
3. How to use Atrogel
4. Possible side effects
5. How to store Atrogel
6. Further information



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

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

**Atrogel is a traditional herbal medicinal product used to relieve muscular aches and pains based exclusively on long-standing use.**

Used to help relieve symptoms including:

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

### 2. Before you use Atrogel

**Do not use Atrogel if you are allergic to:**

- Arnica Flower extract
- Any other ingredients of Atrogel (see Section 6 Further Information)
- Any products containing Arnica
- Any products containing members of the daisy (Asteraceae/Compositae) family. Arnica is a member of the daisy family.

### Take special care with Atrogel

- Don't use at more than the recommended dose.
- Don't use in or near your eyes, nose, mouth or other sensitive areas. It may cause irritation.
- Don't use on broken, cut or irritated skin. It may cause irritation.
- If your symptoms worsen see your doctor, pharmacist or healthcare practitioner.
- If you do not feel any benefit from it within two weeks see your doctor, pharmacist or healthcare practitioner.

### Using other medicines

- You can use Atrogel with other medicines.

### Using Atrogel with food and drink

- You can eat and drink as normal whilst using Atrogel.

### Pregnancy and breast-feeding

- If you are pregnant speak to your doctor, pharmacist or healthcare practitioner before use.
- Atrogel is suitable for use if you are breast-feeding.

### Driving and using machines

- Atrogel has no effect on your ability to drive or use machines.



## Using

### 3. How to use Atrogel

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

**Children and the elderly:** Follow the adult dose.

For external use 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.

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

#### 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

- Don't worry. Continue to use as before.

#### If you stop using Atrogel

- You can stop using Atrogel at any time.

#### If you feel Atrogel isn't working

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

There is additional information in Section 6 at the end of this leaflet.



## Side effects

### 4. Possible side effects

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

#### Minor effects

The following minor effects can occur when using Atrogel.

These are likely to affect less than 1 in every 10 people.

- Itching
- Rash
- Skin reaction (contact dermatitis)
- Dry skin

Discontinue use. If you find these are troubling you, talk to a doctor, pharmacist or healthcare practitioner.

If any of the side effects become serious, or if you notice any side effects not listed in this leaflet, please tell your doctor, pharmacist or healthcare practitioner.

#### If Atrogel is swallowed by mistake

- Contact your doctor, pharmacist or 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)
- 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.
- Keep out of the reach and sight of children.
- Do not use Atrogel after the expiry date which is stated on the carton and tube.
- This medicinal product does not require any special storage conditions.
- Do not use Atrogel if you notice a change in colour. It is a slightly cloudy gel which should appear golden-brown to yellowy-green in colour.

### 6. Further Information

#### What Atrogel contains

The active ingredient is the liquid extract of fresh Arnica flowers. 1 g of gel contains 500 mg of extract which is equivalent to an average of 160 mg fresh Arnica flowers.

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

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

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

#### Traditional Herbal Registration Holder/Manufacturer

Bioforce (UK) Ltd,  
2 Brewster Place,  
Irvine KA11 5DD

THR 13668/0009



Certification Mark

This leaflet was last revised in 08/2015.

#### You should also know

Don't use too much Atrogel as this may stain your clothes.

Bioforce 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.

