

Traumeel®

RESOLVE
INFLAMMATION
AND PAIN.

So you can
keep moving.¹

SCIENTIFICALLY
PROVEN¹⁻³



INJURIES NEED EFFECTIVE AND PROPER HEALING

We all experience injuries from time to time, from children bumping their knees to sports injuries, or from just becoming more susceptible to sprains, strains and inflamed joints as we get older.

WHY RESOLVING INFLAMMATION IS ESSENTIAL FOR PROPER HEALING

When we injure ourselves our body reacts with inflammation which we experience as swelling, pain and restricted movement. Despite these unpleasant symptoms, inflammation is actually an essential natural response necessary for healing.

If we do not appropriately treat inflammation, or block it, this may actually make injuries worse. This could lead to chronic inflammation, creation of 'weak spots' and even recurring injuries (like repetitive ankle sprains).^{4,5}



STOPPING PAIN IS ONLY HALF THE SOLUTION

Traumeel® is a scientifically proven natural treatment that helps resolve musculoskeletal pain fast.^{1,2,4}



- ▶ Contains 14 natural ingredients that support inflammation resolution.⁶⁻⁸
- ▶ Resolves the inflammation and accelerates proper healing.^{4,9}
- ▶ Suitable for all age groups including children.⁷
- ▶ No known interactions with other medicines so can be used alongside other medication.^{7,8}
- ▶ Trusted by international medical sports specialists.^{8,10}



HOW TRAUMEEL® CAN ASSURE THE INFLAMMATION IS RESOLVED

Pain relief and proper healing need to be managed together to not only stop pain, but to also help remove inflammation from the body and accelerate healing.

Did you know that common anti-inflammatory painkillers, like ibuprofen or diclofenac, block inflammation? Research shows this could delay natural healing and may lead to prolonged ongoing pain or disrupted healing.^{6,11-13}

TRAUMEEL® WORKS DIFFERENTLY TO ANTI-INFLAMMATORY MEDICINES AND PAINKILLERS^{6,9,14}

Unlike other options, Traumeel® doesn't just mask the pain. Instead of blocking your natural inflammatory processes, Traumeel® works with your body to help resolve inflammation and accelerate healing.^{1,4}



HOW TRAUMEEL® HELPS RESOLVE INFLAMMATION FOR LASTING HEALING

Multi-target approach to help resolve the inflammation^{4,7}

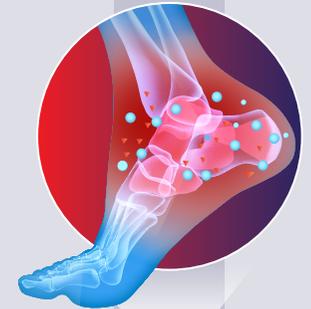
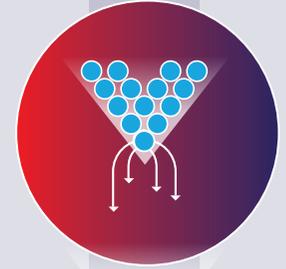
- ▶ 14 ingredients work together to facilitate healing and helps to remove inflammation from the body^{1,4,7}

Works with the body's natural processes to aid healing and recovery^{1,4,7}

- ▶ Alleviates inflammation symptoms without blocking the process, helping to accelerate proper healing and providing sustained recovery from injury^{1-3,8,14-20}

Scientifically proven to relieve musculoskeletal pain fast^{1,2}

- ▶ Relieves pain associated with musculoskeletal injuries^{1,2} whilst allowing the body's natural healing process to continue



LATEST EVIDENCE PROVES TRAUMEEL® RESOLVES MUSCULOSKELETAL PAIN FAST^{1,2,4}

Traumeel® is proven to be effective and fast acting.
Helping to resolve inflammation and reduce pain.^{1,2,4}

This means you help your body to heal, speed recovery and resolve your pain fast without the worry of side-effects often associated with anti-inflammatory painkillers.^{8,21,22}

Scientifically
proven to resolve
musculoskeletal
pain^{1,2}



Natural and
safe to use^{1,2,7}



Works fast¹



Sustained
recovery from
injury^{1-3,8,14-20}



Suitable for all ages
and trusted by
medical
specialists^{7,8,10}



If you have any questions
or concerns you should
always speak to your
healthcare professional
for advice

TRAUMEEL® SUMMARY OF PRODUCT CHARACTERISTICS

Product Characteristics to be localised dependent on regional availability

This is the master version of the Traumeel® Summary of Product Characteristics (SmPC). For local adaptation and approval, please refer to your local Traumeel® SmPC.

TRAUMEEL® FORMULATIONS AND DOSING RECOMMENDATIONS

Traumeel®: Tablets • Solution for Injection • Ointment • Gel • Drops

Compositions: **Tablets:** 1 tablet containing: **Active ingredients:** Achillea millefolium D3 15.0 mg; Aconitum napellus D3 30.0 mg; Atropa belladonna D4 75.0 mg; Hepar sulfuris D8 30.0 mg; Matricaria recutita D3 24.0 mg; Mercurius solubilis Hahnemanni D8 30.0 mg; Symphytum officinale D8 24.0 mg; Bellis perennis D2 6.0 mg; Calendula officinalis D2 15.0 mg; Echinacea D2 6.0 mg; Echinacea purpurea D2 6.0 mg; Hamamelis virginiana D2 15.0 mg; Hypericum perforatum D2 3.0 mg; Arnica montana D2 15.0 mg. **Excipients:** Lactose monohydrate 6.0 mg; Magnesium stearate 1.5 mg. Contains lactose! Please see package insert! **Solution for Injection:** 1 ampoule of 2.2 ml (= 2.2 g) contains: **Active ingredients:** Achillea millefolium D3 2.20 mg; Matricaria recutita D3 2.20 mg; Symphytum officinale D6 2.20 mg; Aconitum napellus D2 1.32 mg; Atropa belladonna D2 2.20 mg; Bellis perennis D2 1.10 mg; Calendula officinalis D2 2.20 mg; Echinacea D2 0.55 mg; Echinacea purpurea D2 0.55 mg; Hypericum perforatum D2 0.66 mg; Hepar sulfuris D6 2.20 mg; Mercurius solubilis Hahnemanni D6 1.10 mg; Hamamelis virginiana D1 0.22 mg; Arnica montana D2 2.20 mg. **Excipients:** Sodium chloride 19.4 mg, Water for injections 2179.1 mg. **Ointment:** 100 g containing: **Active ingredients:** Achillea millefolium D4 0.090 g; Aconitum napellus D4 0.050 g; Arnica montana D4 1.500 g; Atropa belladonna D4 0.050 g; Bellis perennis D4 0.100 g; Calendula officinalis D4 0.450 g; Echinacea D4 0.150 g; Echinacea purpurea D4 0.150 g; Hamamelis virginiana D4 0.450 g; Hepar sulfuris D6 0.025 g; Hypericum perforatum D6 0.090 g; Matricaria recutita D4 0.150 g; Mercurius solubilis Hahnemanni D6 0.040 g; Symphytum officinale D4 0.100 g. **Excipients:** Paraffin, liquid 9.342 g; Cetostearyl alcohol (type A), emulsifying 8.007 g; Paraffin, white soft 9.342 g; Water, purified 60.579 g; Ethanol (96%) 9.335 g; Preserved with 12.7 vol.-% alcohol. **Gel:** 100 g containing: **Active ingredients:** Achillea millefolium D0 0.090 g; Aconitum napellus D0 0.090 g; Arnica montana D0 0.150 g; Atropa belladonna D0 0.050 g; Bellis perennis D0 0.100 g; Calendula officinalis D0 0.450 g; Echinacea D0 0.150 g; Echinacea purpurea D0 0.150 g; Hamamelis virginiana D0 0.450 g; Hepar sulfuris D6 0.025 g; Hypericum perforatum D6 0.090 g; Matricaria recutita D0 0.150 g; Mercurius solubilis Hahnemanni D6 0.040 g; Symphytum officinale D4 0.100 g. **Excipients:** Water, purified 74.652 g; Ethanol (96%) 18.653 g; Carbomers (Carbopol 980NF) 1.000 g; Sodium hydroxide solution 18% (m/m) 2.300 g; Contains 24.4 vol.-% alcohol. Purified water, ethanol 96% (V/V), carbomers, sodium hydroxide solution 18% m/m. **Drops:** 100 g containing: **Active ingredients:** Aconitum napellus D3 10.0 g; Atropa belladonna D4 25.0 g; Symphytum officinale D8 8.0 g; Achillea millefolium D3 5.0 g; Calendula officinalis D2 5.0 g; Echinacea D2 2.0 g; Echinacea purpurea D2 2.0 g; Hamamelis virginiana D2 5.0 g; Hypericum perforatum D2 1.0 g; Matricaria recutita D3 8.0 g; Hepar sulfuris D8 10.0 g; Mercurius solubilis Hahnemanni D8 10.0 g; Arnica montana D2 5.0 g; Bellis perennis D2 2.0 g. **Excipients:** Water, purified 2.0 g; Contains 35 vol.-% alcohol.

Indications: Tablets, Solution for Injection, Ointment, Gel, Drops: The medicinal product is used for the treatment of various inflammatory conditions including injuries, especially of the musculoskeletal system.

Contraindications: Tablets, Solution for Injection, Gel, Drops: Known allergy (hypersensitivity) to one or more of the ingredients, including plants of the daisy family (Asteraceae) such as Arnica montana (arnica), Calendula officinalis (pot marigold), Chamomilla recutita (chamomile), Echinacea (coneflower), Achillea millefolium (yarrow), Bellis perennis (daisy). Ointment: Known allergy (hypersensitivity) to one or more of the ingredients, including plants of the daisy family (Asteraceae) such as Arnica montana (arnica), Calendula officinalis (pot marigold), Chamomilla recutita "(chamomile), Echinacea (coneflower), Achillea millefolium (yarrow), Bellis perennis (daisy) and emulsifying cetylstearyl alcohol.

Special warnings and special precautions for use: **Tablets:** Patients with rare hereditary problems of galactose intolerance, Lapp lactase deficiency or glucose-galactose malabsorption should not take this medicinal product. As this product contains Echinacea, individual evaluation is recommended before prescribing this product in patients with immune system dysfunction, e.g. cases of progressive systemic

disorders, autoimmune diseases, immunodeficiencies, immunosuppression and diseases of the white blood cell system. **Solution for Injection:** As this product contains Echinacea, individual evaluation is recommended before prescribing this product in patients with immune system dysfunction, e.g. cases of progressive systemic disorders, autoimmune diseases, immunodeficiencies, immunosuppression and diseases of the white blood cell system. **Ointment:** Cetylstearyl alcohol may cause local skin reactions (e.g. contact dermatitis). Avoid contact with eyes, mucosae, open wounds or broken skin. **Gel:** Avoid contact with eyes, mucosae, open wounds or broken skin. **Drops:** This medicinal product contains 35 vol.-% ethanol (alcohol). As this product contains Echinacea, individual evaluation is recommended before prescribing this product in patients with immune system dysfunction, e.g. cases of progressive systemic disorders, autoimmune diseases, immunodeficiencies, immunosuppression and diseases of the white blood cell system.

Side effects: Like all medicinal products, this homeopathic medicinal product can cause side effects, although not everybody gets them. **Tablets:** In isolated cases transient skin reactions have been reported. **Solution for Injection:** In isolated cases transient allergic (hypersensitivity) reactions (e.g. skin allergies, redness/swelling at the injection site, even up to anaphylaxis) have been reported. **Ointment:** In isolated cases transient skin reactions have been reported. **Gel:** In isolated cases transient skin reactions (eg. rash, itchiness) have been reported. **Drops:** In isolated cases transient allergic skin reactions have been reported.

Interactions with other medication: **Tablets:** None have been reported, and none are expected due to the homeopathic dilutions. **Solution for Injection, Drops:** No interactions have been reported, and none are expected due to the homeopathic dilutions. **Ointment, Gel:** No interactions have been reported, and none are expected due to the homeopathic dilutions and external use.

Pregnancy and lactation: For this product no clinical data on pregnancy and lactation are available. Homeopathic dilutions of the substances present in this medicinal product are not known to be harmful during pregnancy and lactation. No adverse effects have so far been reported.

Effects on ability to drive and use machines: **Tablets, Solution for Injection:** No effects on the ability to drive and use machines have been reported, and none are expected due to the homeopathic dilutions. **Ointment, Gel:** Not applicable. **Drops:** This medicinal product has no or negligible influence on the ability to drive and use machines.

Dosage: **Tablets:** Unless otherwise prescribed: Standard dosage: Adults (and children 12 yrs. and older): 1 tablet 3x daily. *Pediatric:* below 2 yrs.: 1 tablet 1x daily. 2–5 yrs.: 1 tablet 1–2x daily. 6–11 yrs.: 1 tablet 2x daily. Acute or initial dosage: Adults (and children 12 yrs. and older): 1 tablet every ½ to 1 hr., up to 12x daily, and then continue with standard dosage. *Pediatric:* below 2 yrs.: 1 tablet every 1 to 2 hrs., up to 4x daily, and then continue with standard dosage. 2–5 yrs.: 1 tablet every 1 to 2 hrs., up to 6x daily, and then continue with standard dosage. 6–11 yrs.: 1 tablet every 1 to 2 hrs., up to 8x daily, and then continue with standard dosage. Method of administration: Preferably allow the tablet to dissolve in the mouth, and then swallow. For children it is possible to crush the tablet and add to a small amount of water. This medicine should be taken away from meals. **Solution for Injection:** unless otherwise prescribed: Standard dosage: Adults (and children 12 yrs. and older): 1 ampoule 1 to 3x weekly. *Pediatric:* 2–5 yrs.: ½ ampoule 1 to 3x weekly. 6–11 yrs.: ½ of an ampoule 1 to 3x weekly. Acute or initial dosage: Adults (and children 12 yrs. and older): 1 ampoule daily, and then continue with standard dosage. *Pediatric:* 2–5 yrs.: ½ ampoule daily, and then continue with standard dosage. 6–11 yrs.: ½ of an ampoule daily, and then continue with standard dosage. Method of administration: **Solution for Injection:** may be administered by the s.c., i.a., i.d., i.m. or i.v. route. **Ointment, Gel:** Unless otherwise prescribed: Standard dosage: Adults (and children 12 yrs. and older): apply 2x daily, or more often if needed. *Pediatric:* below 2 yrs.: apply 2x daily, or more often if needed. 2–5 yrs.: apply 2x daily, or more often if needed. 6–11 yrs.: apply 2x daily, or more often if needed. Method of administration: for external use only. Apply generously to the affected area. Traumeel® may be applied using mild compression bandaging and/or occlusive bandaging. **Drops:** unless otherwise prescribed: Standard dosage: Adults (and children 12 yrs. and older): 10 drops 3x daily. *Pediatric:* below 2 yrs.: 3 drops 3x daily. 2–5 yrs.: 5 drops 3x daily. 6–11 yrs.: 7 drops 3x daily. Acute or initial dosage: Adults (and children 12 yrs. and older): 10 drops every ½ to 1 hr., up to 12x daily, and then continue with standard dosage. *Pediatric:* below 2 yrs.: 3 drops every ½ to 1 hr., up to 12x daily, and then continue with standard dosage. 2–5 yrs.: 5 drops every ½ to 1 hr., up to 12x daily, and then continue with standard dosage. 6–11 yrs.: 7 drops every ½ to 1 hr., up to 12x daily, and then continue with standard dosage. Method of administration: This medicine should be taken away from meals. For children, add drops to a small amount of water.

Duration of use: **Tablets, Solution for Injection, Drops:** As this product contains Echinacea, individual evaluation is recommended before prescribing this product for periods longer than 8 weeks.

Overdose: **Tablets, Solution for Injection, Drops:** No cases of overdose have been reported, and none are expected due to the homeopathic dilutions. **Ointment, Gel:** No cases of overdose have been reported, and none are expected due to the homeopathic dilutions and external use.

Package sizes: **Tablets:** Packs containing 50 and 250 tablets. (9753) **Solution for Injection:** Packs containing 5, 10, 50 and 100 ampoules of 2.2 ml. (8561) **Ointment:** Tubes containing 50 and 100 g of ointment. (9932). **Gel:** Tubes containing 50 and 100 g of gel. (9934) **Drops:** Drop bottles containing 30 and 100 ml. (9804).

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HELP ACCELERATE PROPER HEALING

- ▶ Contains 14 natural ingredients that support inflammation resolution.⁶⁻⁸
- ▶ Alleviates inflammation symptoms without blocking the process, helping to accelerate proper healing and providing sustained recovery from injury ^{1-3,8,14-20}
- ▶ Scientifically proven to relieve musculoskeletal pain fast^{1,2} whilst allowing the body's natural healing process to continue.

[Insert local indication]

Traumeel is used for the treatment of various inflammatory conditions including injuries, especially of the musculoskeletal system⁷

For more information please visit [\[insert local Traumeel® website address\]](#) or speak to your healthcare professional for advice.

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