


FREE



Easy Guide to Homeopathic Medicines



World Leader in
Homeopathic Medicines



“As a family business since 1932, we’ve always believed in a better way to feel better. Our passion for quality and dedication to sustainable practices drives everything we do. We’re not just providing medicines — we’re enhancing well-being, caring for the environment, and nurturing our community. This holistic vision of health care is our family’s true purpose and joy.”



Thierry Boiron
*Development Chair
at Boiron*

Learn more at
BoironUSA.com.



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This *Easy Guide* explains the uses and benefits of homeopathic medicines. Medicines are organized into eight color-coded categories: Allergy Relief, Children's Health, Cough, Cold, and Flu Relief, Digestive Relief, First Aid, Pain Relief, Personal Care, and Stress and Sleep. Please keep in mind that some conditions may require diagnosis and treatment by a health care professional. If your symptoms persist or worsen, consult with a doctor. Always read and follow label directions.

We always welcome your comments and suggestions at **Info@Boiron.com** or **1-800-BOIRON-1**.

Thank you for your interest in homeopathic medicines.



About Homeopathy

Millions worldwide trust homeopathy as a holistic and ecological approach to health. Used for over 200 years, it remains one of the most widely practiced forms of medicine.

The Benefits of Homeopathy

Homeopathy is a form of medicine that works with your body to relieve symptoms and restore health.

A natural choice. Homeopathic medicines are made from microdoses of plants, animals, or minerals. Ongoing research aims to demonstrate the biological activity of these natural substances and how they work.

For everyday use. At the first sign of symptoms, homeopathic medicines are a good first line of defense against a wide range of common health conditions, including allergies, coughs, muscle pain, and more.* They can be used with other medications or supplements and are sometimes recommended to complement other treatments.

Safe and reliable. With more than 200 years of use, homeopathy has a remarkable safety record. These medicines don't mask symptoms and have no known interactions with other medications or supplements. The U.S. Food and Drug Administration (FDA) oversees their product labels and manufacturing practices.

More choices and preferences.

Available as gels, creams, syrups, liquid doses, suppositories, meltaway tablets and pellets, and other dosage forms.



*CLAIMS BASED ON TRADITIONAL HOMEOPATHIC PRACTICE, NOT ACCEPTED MEDICAL EVIDENCE. NOT FDA EVALUATED.



The Boiron Way

For more than 90 years,
Boiron has been dedicated to
providing your family with the
purest medicines made from
the earth's best resources.

Pure and Simple Ingredients

Nature provides us with the best resources for ingredients, which is why we have a strong obligation to respect and protect the environment. Our quality control measures assess the health and integrity of all active ingredients prior to production.

Plants

Boiron sources botanical ingredients from specialists who use responsible harvesting strategies. Plants are hand-picked fresh from their natural surroundings, free from pesticides, fertilizers, and industrial pollution.



Minerals

Boiron's chemical and mineral substances are acquired from natural sources, such as oyster shells (*Calcarea carbonica*), or are pharmaceutical grade.



Animals

Some medicines are derived from small animals or organotherapeutic sources. Boiron works with specialized companies to ensure the quality, origin, and ethical procurement methods of these materials.



Freshness From the Arnica Experts

For nearly a century, Boiron has led the way in homeopathic Arnica.

We believe fresh is best — studies show that fresh Arnica montana contains twice as many compounds as dried plants.

We take great pride in sourcing fresh, whole Arnica, harvested by hand in the mountains of Europe using procurement practices that preserve the environment and ensure sustainability of the plants.

Our in-house manufacturing process controls every step, from plant selection to the final product, ensuring the highest standards of purity and consistency. With a deep commitment to quality and innovation, Boiron continues to lead as the trusted experts in Arnica.



*Scan to see Arnica's
journey from field
to medicine*





©JonasJungblut

The Highest Standards of Manufacturing

Using the latest technology and innovation, Boiron has mastered high-performance production methods that ensure reliability batch after batch. Each stage of the manufacturing process, from raw material to finished product, is consistently controlled and tested across all our facilities to guarantee the best quality possible.

As a result, Boiron maintains the highest standards of pharmaceutical manufacturing, which is recognized as the most stringent level of cGMP standards among health products. Our medicines are also formulated in accordance with the HPUS requirements for purity and quality.



**Lab
Tested**



**Regulated
Pharmaceutical
Facilities**



**cGMP &
HPUS
Quality**

Boiron Medicines

There are two types of homeopathic medicines available from Boiron.

Single medicines, such as **Arnica montana**, have only one active ingredient for targeted relief of a specific symptom and only come in pellet form.

Arnica montana

SINGLE Active Ingredient
Targets relief for a specific symptom



EXAMPLE LABEL SHOWN.

Specialty medicines, like **Arnicare® Arthritis**, typically contain several active ingredients to address multiple symptoms of a condition.

Arnicare Arthritis



MULTIPLE Active Ingredients

- Arnica montana 3C
- Benzoicum acidum 6C
- Bryonia 6C
- Chamomilla 12C
- Dulcamara 6C
- Kali iodatum 12C
- Pulsatilla 3C
- Rhododendron chrysanthum 12C
- Rhus tox 6C

Relieves multiple symptoms

EXAMPLE LABEL SHOWN.



About Single Medicines

In some instances, your symptoms are so specific that it is easy to select one single medicine you can use to customize your relief.

Choosing the Right Dilution



Choosing the right dilution can help optimize your relief.

6C, 6X, 9C **LOCAL SYMPTOMS**

Symptoms that you can point to with your finger such as bumps, bruises, sore throat, joint pain, cramps, etc.

12C, 15C, 30C, 30X **GENERAL + BEHAVIORAL SYMPTOMS**

Symptoms such as fever, apprehension, sleeplessness, rash, etc.

200CK

Typically recommended by skilled homeopathic practitioners.



Dilution Level and Scale

"C" is one of the dilution scales used in homeopathy. Visit **BoironUSA.com/info** for more information on dilutions.

Frequently Asked Questions

How do I take a single medicine?

When taking a Boiron single medicine, pellets should be placed under the tongue to ensure optimal absorption into the bloodstream. No water, chewing, or swallowing is required. In general, it is best to address symptoms as early as possible.



Do not touch pellets; use cap to pour into mouth.

The single medicine tube does not list the symptom I am experiencing. Am I taking the right medicine?

In homeopathy, the same single medicine may be useful for several different conditions. Due to the small size of the containers, we print the most widely used indications that are suitable for self-medication of acute, self-limiting conditions. Therefore, the condition for which your doctor prescribed the medicine may not be listed on the tube.

How frequently do I take a homeopathic medicine?

Follow the instructions provided by your health care professional or on the product label. For single medicines, the standard dose is five pellets dissolved under the tongue three times a day. For specialty medicines, the product labels will provide specific directions for use.

Homeopathic medicines contain microdoses of active ingredients and can be taken more frequently (up to every 15 minutes) when

symptoms are sudden and acute. The frequency can be reduced when symptoms improve. If symptoms persist or worsen, ask a doctor.

Can I give single medicines to my child?

Single medicines can be given to children. However, label directions vary based on age. Always read and follow label directions. If your child is younger than the age for use on the product label, check with your child's health care professional.

I'm lactose-intolerant. Can I still use single medicines?

Boiron single medicines are made with a small amount of pharmaceutical-grade lactose, which is essential to the medicine's quality and manufacturing.

The standard dose of five pellets contains only 0.042 g of lactose, which is not significant enough to trigger symptoms. In addition, lactose must reach a person's small intestine to trigger symptoms. Homeopathic pellets are designed to be absorbed sublingually, thereby bypassing the small intestine.

How much sugar is in a single medicine?

Boiron single medicines contain sugar in the form of lactose and sucrose. Each dose of five pellets contains 0.25 g of sugar. For reference, a standard packet of sugar typically has 2 to 4 g.

Can I recycle the single medicine tube?

Yes, the tube and cap are recyclable. Made from lightweight polypropylene (PP), Boiron reduced plastic by 10% in the new tubes to minimize waste. Check with your local recycling program for acceptance.



Health Conditions

Our medicines are color coded by
category for easy navigation.



Allergy
Relief



Children's
Health



Cough, Cold
& Flu Relief



Digestive
Relief



First
Aid



Pain
Relief








Personal
Care



Stress
& Sleep

ALLERGY RELIEF

Allergy Single Medicines

Name		Indication*
Ambrosia artemisiaefolia Common name: Ragweed		Symptoms of hay fever associated with ragweed allergy <i>Also available as a Bonus Pack of 3 tubes</i>
Euphrasia officinalis Common name: Eyebright		Abundant and irritating eye discharge <i>Also available as a Bonus Pack of 3 tubes</i>
Galphimia glauca Common name: Shower of gold		Itchy nose and sneezing due to hay fever <i>Also available as a Bonus Pack of 3 tubes</i>
Histaminum hydrochloricum Common name: Histamine dihydrochloride		Allergies <i>Also available as a Bonus Pack of 3 tubes</i>
Natrum muriaticum Common name: Sea salt		Runny nose due to allergies, worse in morning



Allergy Specialty Medicines

Temporarily relieve these symptoms of hay fever or other upper respiratory allergies: itchy and watery eyes, sneezing, runny nose, itchy throat and nose, and spasmodic cough associated with hay fever.*

AllergyCalm®

60 meltaway tablets **[GF]**
or 2 tubes of approx.
80 pellets each



AllergyCalm Kids

60 meltaway tablets **[GF]**
or 3 tubes of approx.
80 pellets each
2+ YEARS



Sinus Allergy Specialty Medicine

Temporarily relieves sinus symptoms due to allergies such as nasal congestion, sinus pain, headache, and sinus pressure.*

SinusCalm® Allergy

60 meltaway tablets **[GF]**



Active Ingredient Origins



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CHILDREN'S HEALTH

Children's Health Single Medicines

Name		Indication*
Calcarea carbonica Common name: Mother of pearl		Cradle cap
Calcarea phosphorica Common name: Calcium phosphate		Growing bone pain
Cina Common name: Santonica		Nervousness, irritability, sleeplessness in children



Gas and Colic Specialty Medicine

Temporarily relieves gas and colic symptoms such as tummy pain, bloating, fussiness and crying, and excessive or painful gas.*

Camilia® Tummy

30 pre-measured
liquid doses

1+ MONTH



Active Ingredient Origins



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Teething Single Medicine

Name	Indication*
Chamomilla Common name: German chamomile	 Teething pain with irritability <i>Also available as a Bonus Pack of 3 tubes</i>

Teething Specialty Medicines

Temporarily relieves symptoms of teething such as painful gums, irritability, and minor digestive upsets associated with teething.*

Camilia® Original

15 or 30 pre-measured liquid doses

1+ MONTH



Camilia Bedtime

30 pre-measured liquid doses

1+ MONTH



Parent-Approved Relief!

These trusted Boiron medicines have earned the Mom's Choice Award® for excellence.







- AllergyCalm Kids
- Camilia Original & Tummy
- ColdCalm Baby & Kids
- Chestal Kids
- Oscillococcinum
- SleepCalm Kids



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COUGH, COLD, AND FLU RELIEF

Cough Single Medicines

Name		Indication*
Antimonium tartaricum Common name: Antimony potassium tartrate		Thick mucus and non-productive cough
Drosera Common name: Sundew		Spasmodic dry cough worsened at night and by heat
Hepar sulphuris calcareum Common name: Oyster shells		Painful and hoarse dry cough worsened by cold weather
Natrum sulphuricum Common name: Sodium sulfate		Bronchial irritation worsened by humidity
Rumex crispus Common name: Yellow dock		Dry cough worsened by breathing cold air
Spongia tosta Common name: Roasted sponge		Dry, barking cough <i>Also available as a Bonus Pack of 3 tubes</i>



Active Ingredient Origins



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Cough Specialty Medicines

Temporarily relieve symptoms of the common cold such as nasal and chest congestion, fitful cough, sneezing, occasional minor sore throat, and runny or stuffy nose.*

Chestal® Original Cold Syrup

6.7 fl oz (200 mL) syrup

Chestal Kids Original Cold Syrup

6.7 fl oz (200 mL) syrup

4+ YEARS



Cough and Chest Congestion Specialty Medicines

Temporarily relieve dry cough due to minor throat and bronchial irritation as may occur with a cold. Help relieve chest congestion due to common colds by loosening mucus and thinning bronchial secretions to make coughs more productive.*

Chestal Cough & Mucus Pellets

2 tubes of approx.
80 pellets each

Chestal Kids Cough & Mucus Pellets

2 tubes of approx.
80 pellets each

4+ YEARS



Chestal Honey

6.7 fl oz (200 mL) syrup








Chestal Honey Kids

6.7 fl oz (200 mL) syrup

4+ YEARS



Cold Single Medicines


Name		Indication*
Allium cepa Common name: Onion		Runny nose with clear discharge
Kali bichromicum Common name: Potassium dichromate		Colds with thick nasal discharge
Kali muriaticum Common name: Potassium chloride		Nasal congestion with white nasal discharge
Kali sulphuricum Common name: Potassium sulfate		Colds with yellow nasal discharge
Pulsatilla Common name: Wind flower		Cold with thick, yellow discharge <i>Also available as a Bonus Pack of 3 tubes</i>
Sambucus nigra Common name: European elderberry		Hoarseness with painful cough and nasal congestion <i>Also available as a Bonus Pack of 3 tubes</i>
Sulphur iodatum Common name: Sulfur iodide		Nasal discharge during cold and flu convalescence



Cold Specialty Medicines

Temporarily relieve cold symptoms such as sneezing, runny nose, nasal congestion, and occasional minor sore throat.*

ColdCalm®

60 meltaway tablets 
or 2 tubes of approx.
80 pellets



ColdCalm Kids

2 tubes of approx.
80 pellets each

4+ YEARS



Temporarily relieve cold symptoms such as sneezing, runny nose, and nasal congestion.*

ColdCalm Kids

30 pre-measured
liquid doses

4+ YEARS



ColdCalm Baby

30 pre-measured
liquid doses

6+ MONTHS



Active Ingredient Origins



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Flu & Fever Single Medicines

Name		Indication*
Aconitum napellus Common name: Monkshood		High fever (up to 102°F) of sudden onset with dry skin <i>Also available as a Bonus Pack of 3 tubes</i>
Belladonna Common name: Deadly nightshade		High fever (up to 102°F) of sudden onset with perspiration
Eupatorium perfoliatum Common name: Boneset		Stiffness and bone pain associated with flu symptoms
Ferrum phosphoricum Common name: Ferrosoferric phosphate		Low or mild fever



Flu-Like Symptoms

NATURE'S #1 FLU MEDICINE®

*Reduces both the duration and severity of flu-like symptoms such as body aches, headache, fever, chills, and fatigue.**

Oscillococcinum®
6, 12, or 30 doses



Active Ingredient Origins



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Sinus Single Medicines


Name		Indication*
Hydrastis canadensis Common name: Goldenseal		Post-nasal drip
Kali iodatum Common name: Potassium iodide		Frontal sinus pain with runny nose, worse at night
Mezereum Common name: Mezereon		Sinus pain or oozing, crusty skin rash



Sinus Specialty Medicines

Temporarily relieve nasal congestion, sinus pain, and headache due to the common cold or allergies.*

SinusCalm®

60 meltaway tablets 






SinusCalm Pellets

2 tubes of approx.
80 pellets each



Sore Throat Single Medicines


Name		Indication*
Arum triphyllum Common name: Jack-in-the-pulpit		Hoarseness with broken voice
Mercurius solubilis Common name: Hahnemann's soluble mercury		Sore throat with bad breath and excessive salivation
Phytolacca decandra Common name: Poke		Sore throat pain radiating to the ears



Sore Throat Specialty Medicines

*Temporarily relieves occasional minor sore throat and hoarseness.**

ThroatCalm®

60 meltaway tablets 
 or 2 tubes of approx.
 80 pellets each



*Temporarily relieves occasional minor sore throat pain.**

ThroatCalm Spray




0.68 fl oz (20 mL) spray



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DIGESTIVE RELIEF

Diarrhea Single Medicines


Name	Indication*
Arsenicum album Common name: Arsenic trioxide 	Diarrhea with vomiting and weakness <i>Also available as a Bonus Pack of 3 tubes</i>
Cinchona officinalis Common name: Peruvian bark, Cinchona 	Diarrhea with gas and bloating <i>Also available as a Bonus Pack of 3 tubes</i>
Podophyllum peltatum Common name: Mayapple 	Diarrhea with intestinal growling and pain



Diarrhea Specialty Medicine

Temporarily relieves symptoms of diarrhea such as traveler's diarrhea, intestinal pain, bloating, gas, nausea, and vomiting.*

Diaralia®

60 meltaway tablets 
or 2 tubes of approx.
80 pellets each



Active Ingredient Origins



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Gas Single Medicines

Name		Indication*
Carbo vegetabilis Common name: Wood charcoal		Abdominal bloating with gas
Lycopodium clavatum Common name: Club moss		Bloated abdomen improved by passing gas <i>Also available as a Bonus Pack of 3 tubes</i>

Gas Specialty Medicine

Temporarily relieves bloating, pressure, discomfort,
and pain commonly referred to as gas.*

Gasalia®

60 meltaway tablets 
or 2 tubes of approx.
80 pellets each





Boiron On the Go Relief That Travels With You



Travel-friendly relief for digestion and more.
Available in a range of health categories.

Heartburn and Indigestion Single Medicines


Name		Indication*
Antimonium crudum Common name: Antimony trisulfide		Indigestion with nausea from overeating
Nux vomica Common name: Poison nut		Heartburn, drowsiness, or irritability due to excessive eating or drinking <i>Also available as a Bonus Pack of 3 tubes</i>



Heartburn and Indigestion Specialty Medicine

Temporarily relieves heartburn, acid indigestion, bloating, and upset stomach associated with these symptoms.*





Acidil®

60 meltaway tablets 
or 2 tubes of approx.
80 pellets each



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Nausea Single Medicines

Name		Indication*
Chelidonium majus Common name: Greater celandine		Nausea with right upper back pain
Cocculus indicus Common name: Fish berry		Motion sickness with a need to lie down
Ipecacuanha Common name: Ipecac		Nausea and vomiting with hypersalivation
Tabacum Common name: Tobacco		Motion sickness with cold sweat improved by fresh air

Nausea Specialty Medicines

For the prevention and treatment of nausea, vomiting, or dizziness associated with motion sickness due to travel, amusement rides, and video games.*

MotionCalm®

60 meltaway tablets GF
or 2 tubes of approx.
80 pellets each



For relief of nausea and vomiting associated with upset stomach, overindulgence in food or drink, and stomach flu.*

NauseaCalm®

60 meltaway tablets GF
or 2 tubes of approx.
80 pellets each



Active Ingredient Origins



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FIRST AID

First Aid Single Medicines

Name		Indication*
Apis mellifica Common name: Honeybee		Swelling from insect stings or allergies improved by cold <i>Also available as a Bonus Pack of 3 tubes</i>
Borax Common name: Sodium borate		Canker sores <i>Also available as a Bonus Pack of 3 tubes</i>
Cantharis Common name: Spanish fly		Blisters with burning pain
Graphites Common name: Graphite		Fissures and thick scars
Ledum palustre Common name: Wild rosemary		Insect bites or bruising
Petroleum Common name: Kerosene		Chapped or cracked fingertips
Staphysagria Common name: Stavesacre		Itching of surgical wounds
Sulphur Common name: Sublimed sulfur		Skin rash worsened by heat and water
Thuja occidentalis Common name: White cedar		Warts <i>Also available as a Bonus Pack of 3 tubes</i>
Urtica urens Common name: Dwarf nettle		Skin rash with itching due to allergies

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First Aid Topical Medicines

#1 HOMEOPATHIC CALENDULA BRAND

*Temporarily protects and helps promote healing of minor burns.**

Calendula Burn Ointment

1 oz (30 g)



*Helps promote healing of cuts, scrapes, chafing, minor burns, and sunburn.**

Calendula Cream

2.5 oz (70 g)



*Helps promote the healing of skin irritations such as rashes, razor burn, and insect bites or stings.**

Calendula Gel

1.5 oz (45 g) or 2.6 oz (75 g)



*Helps promote the healing of cuts, scrapes, and minor burns; temporarily protects and helps relieve chafed, chapped, or cracked skin and lips.**

Calendula Ointment

1 oz (30 g)



Wart Remover Specialty Medicine

*For the removal of common warts and plantar warts on the bottom of the foot.**

WartCalm®

60 meltaway tablets **GF**



PAIN RELIEF

Bruise Relief Medicines

#1 ARNICA BRUISE REDUCER

*Spot treat the discoloration, swelling, and pain from tender and unsightly bruises.**

Arnicare® Bruise Cream

1.4 oz (40 g)

Arnicare Bruise Gel

1.5 oz (45 g)



*Reduce symptoms of bruising such as discoloration, pain, and swelling.**

Arnicare Bruise Tablets




60 meltaway tablets **GF**



Arnica Bruise Pellets

3 tubes of approx.
80 pellets each

Cramps and Leg Pain Single Medicines

Name		Indication*
Colocynthis Common name: Bitter cucumber		Abdominal cramps improved by bending over
Cuprum metallicum Common name: Copper		Sudden muscle cramps <i>Also available as a Bonus Pack of 3 tubes</i>
Zincum metallicum Common name: Zinc		Leg cramps

Leg Pain Relief Kit contains three medicines that relieve different types of leg pain.*

- Cuprum metallicum 6C
- Hypericum perforatum 30C
- Zincum metallicum 6C



Cramps and Leg Pain Specialty Medicines

#1 ARNICA PAIN RELIEF BRAND

*Temporarily relieves minor muscle pain from cramps, stiffness, and muscular fatigue due to prolonged exercise and physical activity.**

Arnicare® Leg Cramps

33 chewable tablets



*Temporarily relieves nighttime cramps in legs, thighs, calves, feet, and toes with accompanying occasional disrupted sleep.**

Arnicare Leg Cramps PM

60 meltaway tablets GF



Active Ingredient Origins



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ANIMAL

Joint and Arthritis Pain Single Medicines

Name		Indication*
Bryonia Common name: White bryony		Muscle and joint pain improved by rest <i>Also available as a Bonus Pack of 3 tubes</i>
Dulcamara Common name: Bittersweet		Joint pain triggered by dampness
Harpagophytum Common name: Devil's claw		Minor aches and pain associated with arthritis <i>Also available as a Bonus Pack of 3 tubes</i>
Rhus tox Common name: Poison ivy		Joint pain improved by motion <i>Also available as a Bonus Pack of 3 tubes</i>

Joint and Arthritis Pain Specialty Medicines

#1 ARNICA PAIN RELIEF BRAND

Temporarily relieve minor aches and pains associated with arthritis.*

Arnicare® Arthritis Tablets

60 meltaway tablets 



Arnicare Arthritis Cream








2.5 oz (70 g)

Arnicare Arthritis Cream Pump

4.2 oz (120 g)



Pain Single Medicines

Name		Indication*
Arnica montana Common name: Leopard's bane		Muscle pain, stiffness, swelling from injuries, bruises <i>Also available as a Bonus Pack of 3 tubes</i>
Calcarea fluorica Common name: Calcium fluoride		Repeated sprains
Hypericum perforatum Common name: St. John's wort		Nerve pain <i>Also available as a Bonus Pack of 3 tubes</i>
Kali carbonicum Common name: Potassium carbonate		Pain and feeling of weakness in the lower back
Magnesia phosphorica Common name: Magnesium phosphate		Spasmodic pain in the abdomen improved by heat
Ruta graveolens Common name: Rue		Eye strain due to computer use or artificial lights <i>Also available as a Bonus Pack of 3 tubes</i>
Symphytum officinale Common name: Comfrey		Symptoms of bone trauma



Active Ingredient Origins



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ANIMAL

Pain Relief Medicines

#1 ARNICA PAIN RELIEF BRAND

Temporarily relieve muscle pain and stiffness due to minor injuries, overexertion, and falls.*

Arnicare® Cream

1.33 oz (40 g),
2.5 oz (70 g),
or 4.2 oz (120 g)



Arnicare Cream

VALUE PACK

2.5 oz (70 g) and
Arnica montana 30C



Arnicare FootCare

4.2 oz (120 g)



Arnicare Gel

1.5 oz (45 g),
2.5 oz (70 g),
or 4.2 oz (120 g)



Arnicare® Gel VALUE PACK

2.6 oz (75 g) and
Arnica montana 30C



Arnicare Roll-On

1.5 oz (45 g)



*Muscle pain relief for the whole body.**

Arnica 30C Tablets

60 meltaway tablets **[GF]**



Arnica 30X Tablets

60 meltaway tablets **[GF]**



Arnicare Tablets



60 meltaway tablets **[GF]**



*CLAIMS BASED ON TRADITIONAL HOMEOPATHIC PRACTICE, NOT ACCEPTED MEDICAL EVIDENCE. NOT FDA EVALUATED.

PERSONAL CARE

Hemorrhoids Single Medicines

Name		Indication*
Aesculus hippocastanum Common name: Horse chestnut		Hemorrhoid pain aggravated by heat
Hamamelis virginiana Common name: Witch hazel		Hemorrhoids with bursting sensation

Hemorrhoids Specialty Medicines

Help shrink swollen hemorrhoids and relieve burning, itching, swelling, pain and discomfort.
Relieve hemorrhoid symptoms following childbirth.*†

HemCalm® Ointment

1 oz (30 g)



HemCalm Oral Medicines

60 meltaway tablets GF
or 2 tubes of approx.
80 pellets each





HemCalm Suppositories

10 suppositories



*†If pregnant or breastfeeding, ask a health professional before use.

Personal Care Single Medicines



Name	Indication*
Calcarea sulphurica  Common name: Calcium sulfate	Pustular acne
Causticum  Common name: Hahnemann's causticum	Stress incontinence <i>Also available as a Bonus Pack of 3 tubes</i>

Acne Relief Kit contains three medicines to treat breakouts on the face and body.*

- **Eugenia jambosa 6C**
- **Kali bromatum 30C**
- **Selenium metallicum 6C**



Menopause Single Medicines

Name	Indication*
Glonoinum  Common name: Nitroglycerin	Sudden hot flash and headache
Lachesis mutus  Common name: Bushmaster snake's venom	Hot flashes associated with menopause



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Menopause Specialty Medicine





Temporarily reduces the symptoms of menopause and perimenopause, including the intensity and frequency of hot flashes, night sweats, mood changes, irritability, and occasional sleeplessness.* Daily use for three months is recommended.

Cyclease® Menopause

60 meltaway tablets 



Menstrual Pain Single Medicines

Name	Indication*
Caulophyllum thalicroides Common name: Blue cohosh	 Menstrual cramps
Cimicifuga racemosa Common name: Black cohosh	 Menstrual cramps improved by lying down
Sabina Common name: Savin	 Heavy menstrual flow with pain in the upper thighs
Sepia Common name: Cuttlefish ink	 Bloating and lower back pain during menstruation

Menstrual Pain Specialty Medicines

Temporarily relieves minor aches, pain, and discomfort associated with menstrual cramps.*

Cyclease Cramps

60 meltaway tablets 



Temporarily relieves premenstrual symptoms such as bloating, water retention, minor aches, lower back pain, discomfort, emotional changes, and irritability.*

Cyclease PMS Relief

60 meltaway tablets **GF**



Yeast Infection Specialty Medicine

Temporarily relieves symptoms of a vaginal yeast infection (candidiasis) such as minor vaginal itching, burning, discomfort, and discharge.*

YeastCalm®

7 vaginal suppositories



Active Ingredient Origins



PLANT



MINERAL



ANIMAL

STRESS AND SLEEP

Quit Smoking

Quit Smoking Symptom Relief Kit contains two medicines to relieve common symptoms of nicotine withdrawal.*

- Lobelia inflata 6C
- Nux vomica 30C



Stress Symptoms Single Medicines

Name		Indication*
Argentum nitricum Common name: Silver nitrate		Apprehension with heartburn
Gelsemium sempervirens Common name: Yellow jasmine		Apprehension with trembling, headaches <i>Also available as a Bonus Pack of 3 tubes</i>
Ignatia amara Common name: St. Ignatius bean		Apprehension, hypersensitivity to stress <i>Also available as a Bonus Pack of 3 tubes</i>
Kali phosphoricum Common name: Dipotassium phosphate		Tension headaches associated with intellectual fatigue <i>Also available as a Bonus Pack of 3 tubes</i>
Lobelia inflata Common name: Indian tobacco		Nausea from tobacco withdrawal
Phosphoricum acidum Common name: Phosphoric acid		Poor concentration due to overwork
Silicea Common name: Silica		Fatigue and irritability due to overwork

Stress Symptoms Specialty Medicine

Temporarily relieves symptoms of occasional stress such as nervous tension, fatigue, digestive symptoms caused by stress, hypersensitivity to stress or noise, irritability, and uneasiness.*

StressCalm®

60 meltaway tablets **GF**

or 2 tubes of approx.

80 pellets each





Jet Lag

Jet Lag Relief Kit contains three medicines that relieve common symptoms of travel-related conditions.*

- Arnica montana 6C
- Cocculus indicus 6C
- Nux vomica 30C



Sleep Single Medicines

Name	Indication*
Coffea cruda Common name: Green coffee 	Sleeplessness with mental hyperactivity <i>Also available as a Bonus Pack of 3 tubes</i>
Phosphorus Common name: White phosphorus 	Dizziness with sleeplessness




*CLAIMS BASED ON TRADITIONAL HOMEOPATHIC PRACTICE, NOT ACCEPTED MEDICAL EVIDENCE. NOT FDA EVALUATED.

Sleep Specialty Medicines

Temporarily relieves occasional sleeplessness, restless sleep, and intermittent awakening. Helps reduce difficulty falling asleep due to nervousness and worries.*

SleepCalm®

60 meltaway tablets 
or 2 tubes of approx.
80 pellets each



Temporarily relieves symptoms of occasional sleeplessness in children associated with upsets, excitement, and schedule changes such as restless sleep, intermittent awakening, irritability, and nightmares or night terrors. Reduces time to fall asleep if your child has difficulty falling asleep.*

SleepCalm Kids

15 pre-measured liquid doses or 2 tubes of approx. 80 pellets each
3+ YEARS



Active Ingredient Origins



PLANT



MINERAL



ANIMAL

Name		Indication*	Page
Acidil®	On the Go	Heartburn Relief	26
	Tablets	Heartburn Relief	26
AllergyCalm® & AllergyCalm Kids	Pellets	Allergy Relief	14
	On the Go	Allergy Relief	14
	Tablets	Allergy Relief	14
Arnicare® Arthritis	Cream	Arthritis Pain Relief	32
	Tablets	Arthritis Pain Relief	32
Arnicare	Arnica 30C & 30X Tablets	Pain Relief	35
	Bruise Cream, Gel & Tablets	Bruise Relief	30
	Cream, Gel & Roll-On	Pain Relief	34-35
	FootCare	Foot Pain Relief	34
	Tablets	Pain Relief	35
	Leg Cramps	Leg Cramp Relief	31
	Leg Cramps PM	Nighttime Leg Cramp Relief	31
	Value Packs	Pain Relief	34-35
Calendula	Burn Ointment	Burn Relief	29
	Cream	First Aid	29
	Gel	Skin Irritations	29
	Ointment	First Aid	29
Camilia®	Bedtime	Nighttime Teething Relief	16
	Original	Teething Relief	16
	Tummy	Gas & Colic Relief	15
Chestal® & Chestal Kids	Original Cold Syrup	Cold & Cough Relief	18
	Cough & Mucus Pellets	Cough & Mucus Relief	18
	Honey Syrup	Cough & Mucus Relief	18
ColdCalm®, ColdCalm Baby & ColdCalm Kids	Liquid Doses	Cold Relief	20
	Pellets	Cold Relief	20
	On the Go	Cold Relief	20
	Tablets	Cold Relief	20
Cyclease®	Cramps	Menstrual Cramps	38
	Menopause	Menopause Relief	38
	PMS Relief	PMS Symptoms	39
Diaralia®	On the Go	Diarrhea Relief	24
	Tablets	Diarrhea Relief	24

Name		Indication*	Page
Gasalia®	On the Go	Gas & Bloating Relief	25
	Tablets	Gas & Bloating Relief	25
HemCalm®	Ointment	Hemorrhoid Relief	36
	On the Go	Hemorrhoid Relief	36
	Suppositories	Hemorrhoid Relief	36
	Tablets	Hemorrhoid Relief	36
MotionCalm®	Tablets	Motion Sickness	27
	On the Go	Motion Sickness	27
NauseaCalm®	Tablets	Nausea Relief	27
	On the Go	Nausea Relief	27
Oscillococcinum®	Pellets	Flu-Like Symptoms	21
SinusCalm®	Tablets	Sinus Relief	22
	Pellets	Sinus Relief	22
	Allergy Tablets	Allergy Relief	14
SleepCalm® & SleepCalm Kids	Liquid Doses	Sleep Aid	42
	Pellets	Sleep Relief	42
	On the Go	Sleep Relief	42
	Tablets	Sleep Relief	42
StressCalm®	On the Go	Stress Relief	41
	Tablets	Stress Relief	41
ThroatCalm®	On the Go	Sore Throat Relief	23
	Spray	Sore Throat Relief	23
	Tablets	Sore Throat Relief	23
WartCalm®	Tablets	Wart Remover	29
YeastCalm®	Suppositories	Yeast Infection	39

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SINGLE MEDICINES INDEX

Name	Indication*	Page
Aconitum napellus	High fever (up to 102°F) of sudden onset with dry skin	21
Aesculus hippocastanum	Hemorrhoid pain aggravated by heat	36
Allium cepa	Runny nose with clear discharge	19
Ambrosia artemisiaefolia	Symptoms of hay fever associated with ragweed allergy	13
Antimonium crudum	Indigestion with nausea from overeating	26
Antimonium tartaricum	Thick mucus and non-productive cough	17
Apis mellifica	Swelling from insect stings or allergies improved by cold	28
Argentum nitricum	Apprehension with heartburn	40
Arnica montana	Muscle pain, stiffness, swelling from injuries, bruises	33
Arsenicum album	Diarrhea with vomiting and weakness	24
Arum triphyllum	Hoarseness with broken voice	23
Belladonna	High fever (up to 102°F) of sudden onset with perspiration	21
Borax	Canker sores	28
Bryonia	Muscle and joint pain improved by rest	32
Calcarea carbonica	Cradle cap	15
Calcarea fluorica	Repeated sprains	33
Calcarea phosphorica	Growing bone pain	15
Calcarea sulphurica	Pustular acne	37
Cantharis	Blisters with burning pain	28
Carbo vegetabilis	Abdominal bloating with gas	25
Caulophyllum thalictroides	Menstrual cramps	38
Causticum	Stress incontinence	37
Chamomilla	Teething pain with irritability	16
Chelidonium majus	Nausea with right upper back pain	27
Cimicifuga racemosa	Menstrual cramps improved by lying down	38
Cina	Nervousness, irritability, sleeplessness in children	15
Cinchona officinalis	Diarrhea with gas and bloating	24
Cocculus indicus	Motion sickness with a need to lie down	27
Coffea cruda	Sleeplessness with mental hyperactivity	41
Colocynthis	Abdominal cramps improved by bending over	30

Name	Indication*	Page
Cuprum metallicum	Sudden muscle cramps	30
Drosera	Spasmodic dry cough worsened at night and by heat	17
Dulcamara	Joint pain triggered by dampness	32
Eupatorium perfoliatum	Stiffness and bone pain associated with flu symptoms	21
Euphrasia officinalis	Abundant and irritating eye discharge	13
Ferrum phosphoricum	Low or mild fever	21
Galphimia glauca	Itchy nose and sneezing due to hay fever	13
Gelsemium sempervirens	Apprehension with trembling, headaches	40
Glonoinum	Sudden hot flash and headache	37
Graphites	Fissures and thick scars	28
Hamamelis virginiana	Hemorrhoids with bursting sensation	36
Harpagophytum	Minor aches and pain associated with arthritis	32
Hepar sulphuris calcareum	Painful and hoarse dry cough worsened by cold weather	17
Histaminum hydrochloricum	Allergies	13
Hydrastis canadensis	Post-nasal drip	22
Hypericum perforatum	Nerve pain	33
Ignatia amara	Apprehension, hypersensitivity to stress	40
Ipecacuanha	Nausea and vomiting with hypersalivation	27
Kali bichromicum	Colds with thick nasal discharge	19
Kali carbonicum	Pain and feeling of weakness in the lower back	33
Kali iodatum	Frontal sinus pain with runny nose, worse at night	22
Kali muriaticum	Nasal congestion with white nasal discharge	19
Kali phosphoricum	Tension headaches associated with intellectual fatigue	40
Kali sulphuricum	Colds with yellow nasal discharge	19
Lachesis mutus	Hot flashes associated with menopause	37
Ledum palustre	Insect bites or bruising	28
Lobelia inflata	Nausea from tobacco withdrawal	40
Lycopodium clavatum	Bloated abdomen improved by passing gas	25

Name	Indication*	Page
Magnesia phosphorica	Spasmodic pain in the abdomen improved by heat	33
Mercurius solubilis	Sore throat with bad breath and excessive salivation	23
Mezereum	Sinus pain or oozing, crusty skin rash	22
Natrum muriaticum	Runny nose due to allergies, worse in morning	13
Natrum sulphuricum	Bronchial irritation worsened by humidity	17
Nux vomica	Heartburn, drowsiness, or irritability due to excessive eating or drinking	26
Petroleum	Chapped or cracked fingertips	28
Phosphoricum acidum	Poor concentration due to overwork	40
Phosphorus	Dizziness with sleeplessness	41
Phytolacca decandra	Sore throat pain radiating to the ears	23
Podophyllum peltatum	Diarrhea with intestinal growling and pain	24
Pulsatilla	Cold with thick, yellow discharge	19
Rhus tox	Joint pain improved by motion	32
Rumex crispus	Dry cough worsened by breathing cold air	17
Ruta graveolens	Eyestrain due to computer use or artificial lights	33
Sabina	Heavy menstrual flow with pain in the upper thighs	38
Sambucus nigra	Hoarseness with painful cough and nasal congestion	19
Sepia	Bloating and lower back pain during menstruation	38
Silicea	Fatigue and irritability due to overwork	40
Spongia tosta	Dry, barking cough	17
Staphysagria	Itching of surgical wounds	28
Sulphur	Skin rash worsened by heat and water	28
Sulphur iodatum	Nasal discharge during cold and flu convalescence	19
Symphytum officinale	Symptoms of bone trauma	33
Tabacum	Motion sickness with cold sweat improved by fresh air	27
Thuja occidentalis	Warts	28
Urtica urens	Skin rash with itching due to allergies	28
Zincum metallicum	Leg cramps	30

About Boiron

Boiron, world leader in homeopathic medicines, is best known for its top-selling flu medicine, Oscillocoquinum®, and its Arnicare® line of pain relievers. Since 1932, Boiron has been committed to funding scientific research and educating the public and health care professionals about homeopathy.

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