

7 Day Bruising and Swelling Treatment

To minimize bruising and swelling, we encourage you to avoid any blood thinning agents starting 7 days prior to your treatment, including: aspirin, ibuprofen, **alcohol** and vitamin E.

In addition we strongly suggest taking our **Arnika Forte** to address swelling and bruising. While there are other OTC arnica options, Arnika Forte is the only combined Arnica Montana and Bromelain capsule on the market. Bromelain dramatically cuts down on bruising time. It can only be purchased from a physician and it's sourced from the highest pharmaceutical grade sources available and is the highest strength of both arnica and Bromelain available, with the addition of bioflavonoids to deliver it to your blood stream faster.

Each bottle of Arnika Forte contains 14 capsules. And each vegetable capsule contains the following ingredients:

- **Bromelain - 100 mg (2400 GDU)** Bromelain is a proteolytic enzyme from a pineapple core - Helps to dissolve the bruise by digesting the proteins in the bruise.
- **Homeopathic Arnica Montana 30 x - 1000 mg** - Anti-inflammatory agent
- **Bioflavonoids - Grape Seed Extract - 240 mg and Rutin - 100 mg** - Vaso-protectants to help strengthen capillary walls and reduce extent and duration of bruising
- **Vitamin C - 240 mg** - Anti-oxidant

The vegetable capsule aids in faster absorption. Arnika Forte contains no artificial dyes or colorants.

The formulation does not contain lactose as do some of the Arnica Montana products.