



**Some products cover up
muscle pain.**

Traumeel^{®s} works deep down to treat the cause.

- ❖ Safe and effective alternative to NSAID
- ❖ Regulates inflammation
- ❖ Relieves pain in both acute and chronic conditions
- ❖ Accelerates the healing process



Sold in 50 countries for over 70 years

Another great innovation from **-Heel**

More than
70 years of
worldwide
clinical and
scientific
experience
confirms that
Traumeel s:

- ⌘ Is superior to placebo in reducing pain and inflammation¹
- ⌘ Improves the degree of restriction of ankle mobility and pain²
- ⌘ Improves motility in tendinopathies better than NSAIDs³
- ⌘ Is superior to NSAIDs in the management of epicondylitis⁴
- ⌘ Works faster than NSAIDs⁵
- ⌘ Improves and accelerates regeneration and healing (reduces time to resume activities)^{1, 6}
- ⌘ Is effective in reducing soft tissue pain and swelling (sprains, hematomas, contusions, etc.)^{7, 8, 9}
- ⌘ Reduces pain and produces fast regression of blood effusions of the knee¹⁰
- ⌘ Effectively reduces pain after hallux valgus surgery¹¹
- ⌘ Is recommended by specialist physicians (orthopedists, surgeons, internists)¹²
- ⌘ Is an alternative for patients with contraindications to NSAIDs¹³
- ⌘ Is better tolerated than NSAIDs^{4, 5}
- ⌘ Does not significantly affect physiological hematological values (such as calcium, potassium or other important parameters in healthy subjects)¹³
- ⌘ Is well tolerated, has almost no side effects^{1, 4, 5, 9}

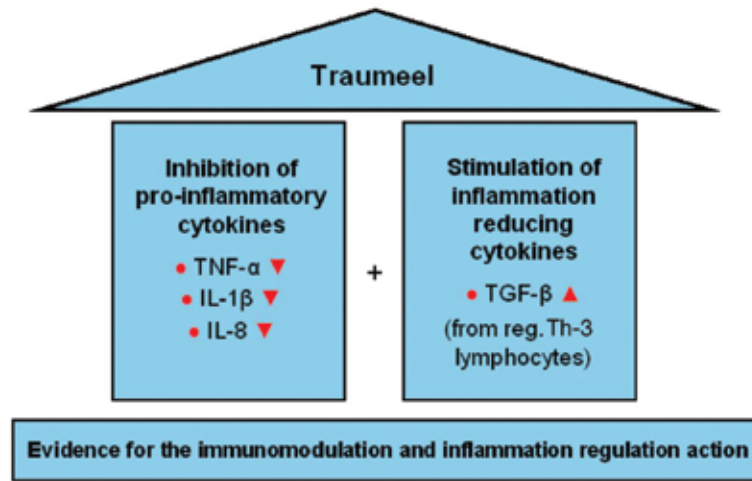
Traumeel s has been shown to be particularly effective at treating the following conditions:

- ⌘ Injuries such as sprains, dislocations, contusions, effusions of blood and effusions into a joint, fractures
- ⌘ Post-operative and post-traumatic inflammation and pain
- ⌘ Inflammatory conditions associated with soft tissues in particular, muscles and tendons (e.g. epicondylitis, bursitis, backaches)
- ⌘ Joint pain
- ⌘ Acute and chronic otitis externa and media (eardrops)

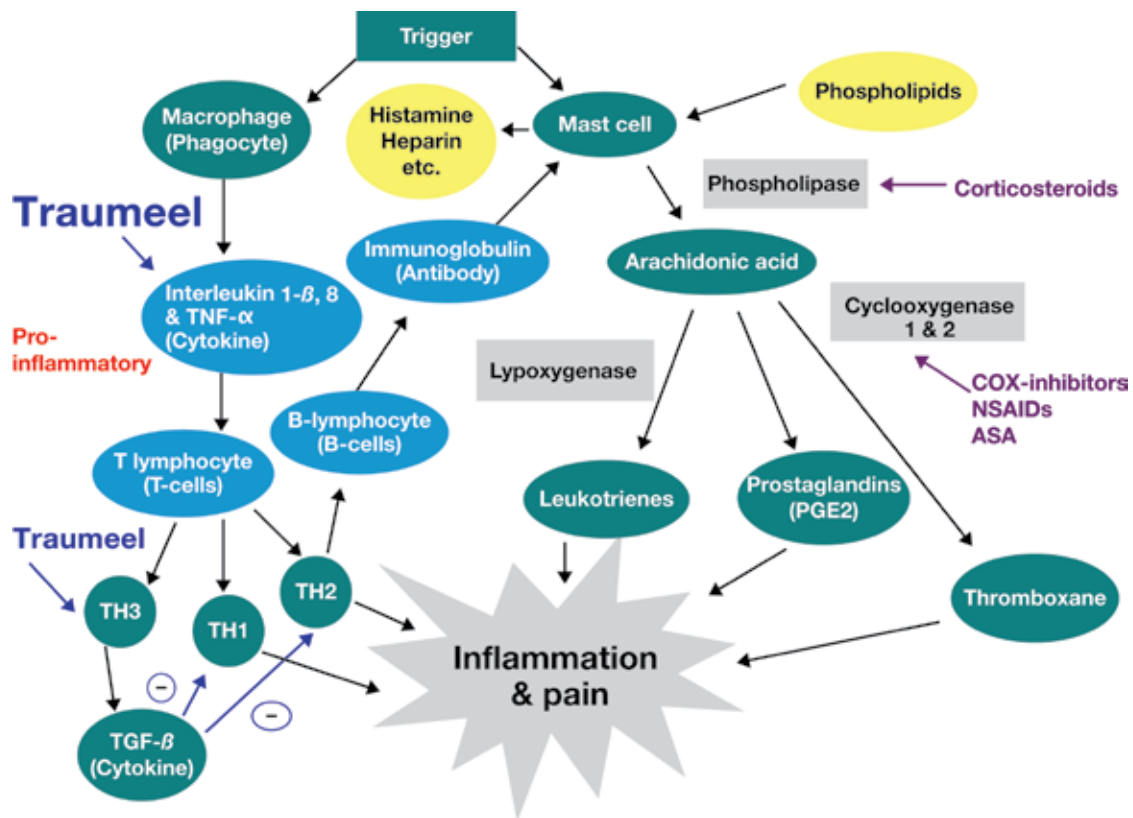


Mechanism of action

Traumeel is an inflammation regulating drug (IRD)



In vitro and *in vivo* studies have demonstrated that Traumeel® elevates the anti-inflammatory cytokines TGF- β (bystander reaction)¹⁴, by regulating Th-3 lymphocytes.



From a modern immunological point of view, inflammation, especially from the sub-acute to chronic phase, is accompanied by a deployment of the subset of the T-helper cell, the Th-1 cell. These cells secrete tumour necrosis factors (TNF), macrophages, interleukins 1 and 6 (IL-1 and IL-6). In turn, these two cytokines activate metalloproteinases, which causes tissue destruction. Under normal physiological conditions, this is counterbalanced by the cytokine transforming growth factor beta (TGF- β), which facilitates tissue repair, thereby permitting tissues to be renewed and remodelled. In inflammation, TGF- β will aid tissue repair. In fact, Heine and his co-workers postulated that Traumeel would induce a regulatory T-helper cell, the Th-3 cell through the immunological bystander reaction.¹⁴ The cytokine mostly secreted by the Th-3 cell is TGF- β , thus we can assert that Traumeel aids in tissue repair.

Composition

Traumeel is made up of a combination of botanical and mineral substances. All galenic forms of Traumeel contain the same ingredients, however, the dilutions and quantities of each of these may vary slightly from one form to another.

ARNICA MONTANA <ul style="list-style-type: none"> • Main tropism for muscles and blood vessels • Consequences of muscle trauma and stress • Sensation of numbness • Muscle fatigue • Problematic healing of wounds 	ACONITUM NAPELLUS <ul style="list-style-type: none"> • First phase of phlogistic process • Acute violent and rapid inflammatory symptoms 	BELLIS PERENNIS <ul style="list-style-type: none"> • Tropism for muscles and in general for soft parts • Ecchymosis, swollen bruising, feeling of asthenia, consequences of muscle over-use 	MERCURIUS SOLUBILIS HAHNEMANNI <ul style="list-style-type: none"> • Reaction phases evolving towards suppuration • Septic evolution of the inflammatory process • Abscesses • Purulent otitis media • Muscle and joint rheumatism 	HEPAR SULFURIS CALCAREUM <ul style="list-style-type: none"> • Phlogistic phenomena with a tendency towards suppuration and ulceration • Painful hyperaesthesia • Skin and lymphatic system tropism 	ECHINACEA ANGUSTIFOLIA <ul style="list-style-type: none"> • Boost mesenchymal defences • All types of inflammations in any location • Post-inflammatory septic phenomena 	ECHINACEA PURPUREA <ul style="list-style-type: none"> • Stimulation of macrophage histiocyte system during inflammatory processes and septic phenomena • Stimulation of fibroblast functions
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Traumeel[®]



CHAMOMILLA RECUTITA <ul style="list-style-type: none"> • Tropism for the nervous system and support apparatus • Hypersensitivity to pain • Earache • Toothache • Stimulation of granulation tissue: wounds that do not heal, ulcers, slowed scarring 	HAMAMELIS VIRGINIANA <ul style="list-style-type: none"> • Phlebotonic and anti-haemorrhagic action • Stabilisation of vessel permeability • Sensation of bruised tenderness 	ACHILLEA MILLEFOLIUM <ul style="list-style-type: none"> • Active haemorrhagic syndrome • Haemorrhaging with bright red blood • Haemorrhaging after intense muscle activity or following trauma 	ATROPA BELLADONNA <ul style="list-style-type: none"> • Vascular/nervous tropism • Congestive inflammatory phenomena • <i>Rubor, calor, dolor, tumor</i> • Lumbago, acute joint rheumatism, sciatica 	HYPERICUM PERFORATUM <ul style="list-style-type: none"> • Elective nervous tropism: Hypericum = Nerve Arnica • Traumas and wounds to the nervous system due to crushing, wounds caused by sharp objects, blades or firearms 	SYMPHYTUM OFFICINALE <ul style="list-style-type: none"> • Tropism for bones and periosteum: Symphytum = Bone Arnica • Acceleration of the formation of bone calluses • Fractures • Periostitis • Pain in the bones 	CALENDULA OFFICINALIS <ul style="list-style-type: none"> • Wounds which do not heal • Bed sores, post-operative or trauma-related sores • Gangrenous ulcers • Torn muscles and ligaments
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Non-medicinal ingredients:

None of the galenic forms contain preservatives, colors or fragrances.

Tablets: magnesium stearate, lactose monohydrate.

Drops: ethanol, purified water.

Drinkable ampoules (oral vials sterile, isotonic saline solution): sodium chloride, purified water.

Ointment: cetostearyl alcohol, heavy mineral oil, white petrolatum, purified water, ethanol.

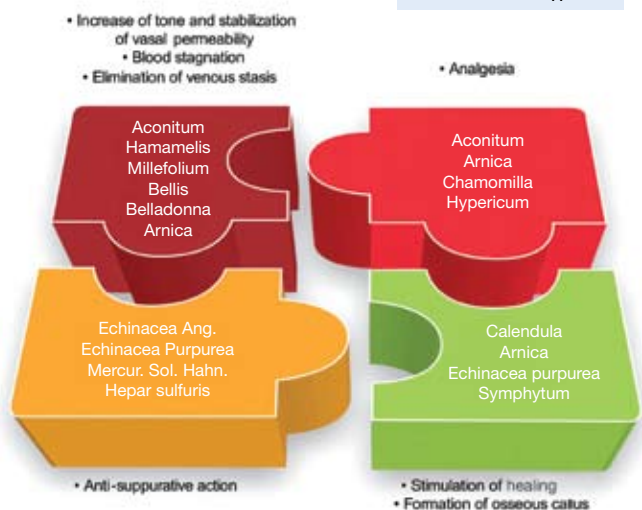
Gel: carbomer 940, sodium hydroxide solution 18% m/m, purified water, ethanol.

Eardrops: purified water, sodium chloride (sterile, isotonic saline solution).

All of the ingredients in Traumeel work synergistically to yield the most complete therapeutic benefits.

As corroborated in the following pages, the different constituents of Traumeel are each meant to alleviate the various clinical signs of inflammation.

The ingredients are composed in a way that they cover the different aspects of the inflammatory phenomenon and the diverse pathologies of inflammation on the tissue of the musculoskeletal apparatus.

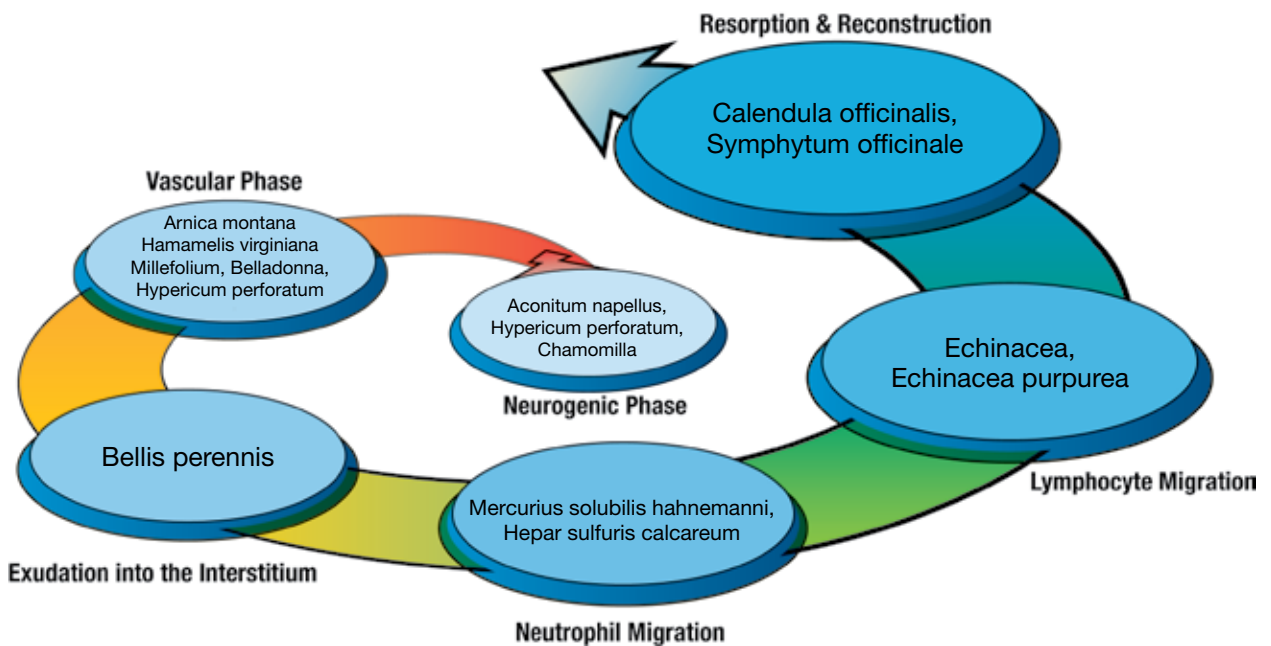


Assisting each of the pathophysiological stages of inflammation

The role of Traumeel in inflammation is both very specific and comprehensive due to its varied composition. It is thought that the various constituents of Traumeel have both a synergistic as well as a complementary relationship with each other in their action on the pathophysiology as well as on the clinical course of inflammation.

For example, *Aconitum napellus* targets the first stage of inflammation, namely the neurogenic phase, but at the same time paves the way for the ingredients that act in the vascular phase, like *Arnica montana*, *Hamamelis virginiana*, *Millefolium*, *Belladonna* and *Hypericum perforatum*. These will in turn facilitate the action of *Bellis perennis*, which is active in the next phase and so forth. Thus, if *Arnica* were to be used alone, it would mainly affect the vascular stage. Therefore, the ideal combination of ingredients found in Traumeel results in faster inflammation regulation, pain relief and an accelerated healing process.

- ❖ **The Neurogenic Phase:** refers to the phase where acute pain is felt as a result of damage sustained by the nerves. At this point, pain will usually be quite acute and need to be contained in a fairly hasty manner.
- ❖ **The Vascular Phase:** concerns the phase where damage has occurred to a blood vessel. Here, it will be imperative that repair of the capillaries is accomplished if thorough healing is to occur.
- ❖ **The phase of Exudation into the Interstitium:** as a result of inflammation, fluid, cells, and cellular debris exude from the blood vessels and are deposited in the space between tissues (extracellular space). At this point, the deposited waste will need to be cleared as rapidly as possible from the interstitial area.
- ❖ **Neutrophil Migration:** is the phase where the very specific white blood cells, that are the neutrophils, will proceed with the clearing of the interstitium by engulfing the cellular debris through phagocytosis.
- ❖ **Lymphocyte Migration:** refers to this later phase where another type of white blood cells, the lymphocytes, converge at the site of inflammation, where they will then secrete lymphokines to help modulate the response of various other cells.
- ❖ **Resorption and Reconstruction:** is the final stage of the inflammatory process. It basically consists of the resorption of any lingering excess fluid, which would have been generated during the course of the inflammatory process, the rebuilding of damaged tissues and the restoration to healthy function of the area.



Safety profile

	Traumeel®s	NSAIDs
Effective at regulating inflammation	Yes	No (inhibits)
Relieves pain (analgesic)	Yes	Yes
Long established history of clinical experience	Yes	Yes
Solid scientific evidence of its therapeutic effects	Yes	Yes
Renal, hepatic, cardiovascular, gastro-intestinal or CNS side effects	None known	Yes
Inhibition of platelet aggregation	No	Yes
Sodium and fluid retention	No	Yes
Medicinal interactions (conventional or complementary)	No	Yes
Suitable for long-term treatments	Yes	No
Can be used at all ages, including childhood	Yes	No

Advanced applications

Benefits of combining both oral and topical forms

- ⚡ Although the topical or oral forms of Traumeel may be used alone quite effectively, certain more chronic conditions may benefit from the combination of both the oral and topical forms of Traumeel. This alliance will ensure a comprehensive effect with dual topical and internal therapeutic effects in order to achieve complete healing and pain relief.

Sports medicine, injuries

- ⚡ Recommended by leading sports physicians such as the AEMEF (Spanish Association of Football team doctors).
- ⚡ Not considered doping and is not listed on the WADA's prohibited list (World Anti-doping Agency). But is included on the "to be used" list of the NADA (National Anti-Doping Agency in Germany).
- ⚡ Used and recommended by leading athletes and sports teams. Famously used by the German Olympic Teams in 2004 and 2006, the Lithuanian Olympic Team and the following football (soccer) clubs: Bayern Munich, Real Madrid and FC Chelsea.

Joint pain

- ⚡ Helps with inflammation and pain management of articular pathologies.¹⁵
- ⚡ The treatment of pain related to degenerative joint diseases is increasingly well served by the administration of Traumeel. In fact, study results report very encouraging data: 83% of patients rate therapeutic results as good to very good.⁸

Dentistry

- Reduces pain in the management of root canal treatments.¹⁶

Pediatrics

- Reduces pain and speeds up recovery of movement in the treatment of intramuscular hematomas in children with hemophilia.¹⁷
- Used with great results in the treatment of blunt traumas as well as pain management in muscle, joint and soft tissue disorders of varying etiologies in pediatric patients.¹⁷



Additional information for the health care practitioner

	Galenic form	Drops	Tablets to be dissolved in the mouth	Oral vials	Ointment and gel	Eardrops (pour content of vial into the ear)
General dosages	Adults (12 years and older)	10 drops 3 times daily	1 tablet 3 times daily	1 ampoule (2.2 ml) once daily	Apply generously to the affected areas, morning and evening, more often if necessary, rubbing in gently. If appropriate, also apply a dressing.	1 vial up to three times daily
	Children (6 to 11 years)	7 drops (in a little water) 3 times daily	1 tablet 2 times daily to be dissolved in a little water	2/3 ampoule (1.4 ml) once daily		5 drops 3 times daily
	Children (1 to 5 years)	5 drops (in a little water) 3 times daily	1/2 tablet 3 times daily to be dissolved in a little water	1/2 ampoule (1.1 ml) once daily		4 drops 3 times daily
	Babies (0-12 months)	3 drops (in a little water) 3 times daily	1/2 tablet 2 times daily to be dissolved in a little water	1/3 ampoule (0.7 ml) once daily		3 drops 3 times daily
Acute dosages	Adults (12 years and older)	10 drops every 30 to 60 minutes, up to 12 times daily	1 tablet every 30 to 60 minutes, up to 12 times daily	1 ampoule (2.2 ml) up to 3 times daily	Apply generously to the affected areas morning and evening, more often if necessary, rubbing in gently. If appropriate, also apply a dressing.	1 vial every 30 to 60 minutes, up to 12 times daily
	Children (6 to 11 years)	7 drops every 30 to 60 minutes, up to 12 times daily	1 tablet every 30 to 60 minutes, up to 8 times daily to be dissolved in a little water	2/3 ampoule (1.4 ml) up to 3 times daily		5 drops every 30 to 60 minutes, up to 12 times daily
	Children (1 to 5 years)	5 drops every 30 to 60 minutes, up to 12 times daily	1 tablet every 1 to 2 hours, up to 6 times daily to be dissolved in a little water	1/2 ampoule (1.1 ml) up to 3 times daily		4 drops every 30 to 60 minutes, up to 12 times daily
	Babies (0-12 months)	3 drops every 30 to 60 minutes, up to 12 times daily	1 tablet every 1 to 2 hours, up to 4 times daily to be dissolved in a little water	1/3 ampoule (0.7 ml) up to 3 times daily		3 drops every 30 to 60 minutes, up to 12 times daily



Contraindications: Drops, tablets, ampoules (oral vials): hypersensitivity to one of the active ingredients, excipients or plants of the daisy (*Compositae*) family such as *Arnica*, *Chamomilla* and *Achillea millefolium*. As a general principle, do not use in progressive systemic diseases such as tuberculosis, leucosis, collagenosis, multiple sclerosis, AIDS, HIV infections, and other autoimmune diseases. **Ointment, gel, eardrops:** hypersensitivity to one of the active ingredients, excipients, to *Arnica*, *Chamomilla*, *Achillea millefolium* or to other plants of the daisy (*Compositae*) family.

Side effects: Drops, tablets, ampoules (oral vials): hypersalivation may occur after administration, in which case discontinue use of the product. In individual cases, hypersensitivity or allergic skin reactions (redness, swelling and pruritus) can occur in people hypersensitive to composites (e.g. *Arnica*, *Chamomilla*, *Achillea millefolium*), in which case discontinue use of the product. Skin rash, itching (pruritus) and in rare cases facial swelling, shortness of breath (dyspnea), dizziness and a drop in blood pressure, have been observed after treatment with products containing Echinacea extracts. **Ointment, gel, eardrops:** hypersensitivity reactions may occur in individual cases. Local allergic reactions (cutaneous inflammation, redness, swelling and pruritus) have been reported. In these cases, discontinue use of the product.

Interactions with other medication: none known.

Package sizes

Drops: bottles containing 30 ml

Tablets: packs containing 50 tablets

Ampoules (oral vials): packs containing

10 sterile ampoules of 2.2 ml each

Ointment: tubes containing 50 g and 100 g

Gel: tubes containing 50 g

Eardrops: packs containing 10 sterile vials of 0.45 ml each

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