Dosage and Administration

The dosage schedules listed below can be used as a general guide for the administration of Traumeel®. The dosage for each patient should be individualized according to the patient’s response to therapy. See package insert for complete dosage information.

**Traumeel® Tablets:**
- **Adults and children above 6 years:** 1 tablet sublingually or dissolved completely in mouth 3 times daily or as directed by a physician. *Infants and children to 6 years:* 1/2 the adult dosage.

**Traumeel® Oral Drops:**
- **Adults and children above 11 years:** 10 to 30 drops orally 3 times daily. Due to alcohol content (Ethyl alcohol 25% by volume), a physician should be consulted before using in children under 12 years of age.
- **Note:** Unmixed portion of open vials should be discarded. Not for injection.

**Traumeel® Ointment/Gel:**
- **Adults, children and infants:** Apply generously to affected areas 2 to 3 times daily. Traumeel® should be rubbed gently into the skin. Suitable gel or ointment should be covered using mild compression bandaging and/or occlusive bandaging. Sufficient gel or ointment should be applied to cover the affected area, but should not be applied over large areas, over broken skin or directly into open wounds. For external use only.

**Traumeel® Ear Drops:**
- **Adults and children above 6 years:** In general, 1 vial 1-3 times daily. Pour the contents of one vial directly into the affected ear. *Infants and children up to 6 years:* 1/2 the adult dosage.

**Traumeel® Injection Solution (Rx):**
- **Adults:** One ampule daily in acute disorders, otherwise 1 to 2 ampules 1 to 3 times weekly i.m., s.c., i.v., i.d. (in the case of wheals), or i.v. (in the case of angium).* Weeks 1 and 2:
- **Traumeel® tablets**: 1 tablet 3-5 times per day
- **Zeil® tablets**: 1 tablet 3-5 times per day
- **Traumeel® ointment**: apply locally 2-5 times per day

**Weeks 3-4-5:**
- **Zeil® ointment:** apply locally 3-5 times per day
- **Zeil® tablets**: 1 tablet 3-5 times per day
- * or Traumeel® oral vials: 1 oral vial per day
- ** or Zeil® oral vials: 1 oral vial per day

Why should you use/recommend Traumeel®?

- An effective anti-inflammatory/analgesic
- For acute trauma, injuries (sports, accidents) and temporary relief of arthritic pain
- No adverse renal, hepatic, cardiovascular, gastrointestinal or CNS side effects
- No known adverse drug interactions
- Over 60 years of worldwide therapeutic use
- Compatible with conventional medications
- Compatible with local anaesthesia
- Safe alternative to NSAIDs
- Safe for children

**Why should you use/recommend Zeel®:**

- **Zeel® and Traumeel® Protocol to supplement current treatment with Glucosamine/Chondroitin products**

- **Weeks 1 and 2:**
  - **Traumeel® tablets**: 1 tablet 3-5 times per day
  - **Zeil® tablets**: 1 tablet 3-5 times per day
  - **Traumeel® ointment**: apply locally 2-5 times per day

- **Weeks 3-4-5:**
  - **Zeil® ointment**: apply locally 3-5 times per day
  - **Zeil® tablets**: 1 tablet 3-5 times per day
  - * or Traumeel® oral vials: 1 oral vial per day
  - ** or Zeil® oral vials: 1 oral vial per day

**Ingredients:

- **Tablets:** Each 300 mg tablet contains as active ingredients: Belladonna 4X 75 mg; Arnica montana, radix 3X 40 mg; Aconitum napellus 3X 30 mg; Chamomilla 2X, Symphytum officinale 8X, 20 mg each; Calendula officinalis 2X, Hepar sulphuris calcareum 8X, Millefolium 8X, 10 mg each; Hypericum perforatum 3X, 8 mg; Bellis perennis 2X, Echinacea angustifolia 2X, Echinacea purpurea 2X, 6 mg each in a lactose base.

- **Ointment/Gel:** Each 100 ml contains: Arnica montana, radix 3X 10 ml; Aconitum napellus 3X, Chamomilla 3X, Belladonna 4X, Symphytum officinale 8X, 5 ml each; Bellis perennis 2X, Calendula officinalis 2X, Echinacea angustifolia 2X, Echinacea purpurea 2X, Hamamelis virginiana 2X, Hypericum perforatum 3X, Millefolium 3X, Hepar sulphuris calcareum 8X, Mercurius solubilis 8X, 2 ml each. Contains 35% ethyl alcohol by volume.

- **Oral vials:** Each 100 ml contains: Arnica montana, radix 3X, Belladonna 3X 1 ml; Aconitum napellus 3X 0.6 ml; Hypericum perforatum 3X 0.3 ml; Calendula officinalis 2X 0.1 ml; Chamomilla 3X 0.1 ml; Millefolium 3X 0.1 ml; Hepar sulphuris calcareum 6X 0.1 ml; Symphytum officinale 6X 0.1 ml; Bellis perennis 2X 0.05 ml; Mercurius solubilis 6X 0.05 ml; Echinacea angustifolia 2X 0.025 ml; Echinacea purpurea 2X 0.025 ml; Hamamelis virginiana 1X 0.01 ml.

- **Oral drops:** Each 100 ml contains: Arnica montana, radix 3X, Chamomilla 3X, Belladonna 3X, Chamomilla 1X, Hypericum perforatum 3X 0.6 ml; Hepar sulphuris calcareum 8X 0.25 g; Mercurius solubilis 8X 0.12 g; Symphytum officinale 4X 0.10 g; Hypericum perforatum 6X 0.09 g. Active ingredients: Purified water, paraffin, white petrolatum, ethanol, and cetylstearyl alcohol.

- **Ear drops:** Each vial (0.45 ml) contains: Arnica montana, radix 3X, Chamomilla 3X, Belladonna 3X, Chamomilla 1X, Hypericum perforatum 6X 0.75 ml; Hepar sulphuris calcareum 8X 0.59 ml; Bellis perennis 2X 0.35 ml; Mercurius solubilis 6X 0.495 ml; Echinacea angustifolia 2X 0.297 ml; Echinacea purpurea 2X 0.297 ml. Active ingredients: Purified water, ethanol, carbopol 980, and sodium hydroxide.

- **Injection solution (Rx):** Each ampule of 2.0 ml contains: Hepar sulphuris calcareum 8X 200.0 μl; Belladonna 3X, Calendula officinalis 3X, Chamomilla 4X, Millefolium 4X, 20.0 μl each; Aconitum napellus 3X 12.0 μl; Bellis perennis 3X 10 μl; Hypericum perforatum 2X 6.0 μl; Echinacea angustifolia 2X, Echinacea purpurea 3X, 5.0 μl each; Arnica montana, radix 2X, Hamamelis virginiana 2X, Symphytum officinale 6X 2.5 μl.

**INDICATIONS:**
For the temporary relief of symptoms, including mild to moderate pain, associated with inflammatory, exudative and degenerative processes due to acute trauma, repetitive or overuse injuries, or arthritic conditions.

**Ear drops:** For the temporary relief of symptoms including minor ear inflammation, ear pain, stuffiness in ears and swimmer’s ear.

**Injection solution (Rx):** For the temporary relief of symptoms, including mild to moderate pain, associated with inflammatory, exudative and degenerative processes due to acute trauma, repetitive or overuse injuries, or arthritic conditions. See product insert for full prescribing information. (Interactions with other medications: None known)

**SIDE EFFECTS/CONTRAINDICATIONS:**
Hyper-sensitivity to Traumeel or any of its ingredients. Do not apply directly to open wounds.

**Ointment/Gel:** In rare cases, hypersensitivity to one or more ingredients may result in allergic skin reactions.

**Warning:** Do not apply Traumeel ointment or gel over large surfaces of the body.

**HOW SUPPLIED:**
- **Traumeel® Tablets:** Bottle containing 100 tablets.
- **Traumeel® Oral Drops:** Dropper bottle containing 50 ml.
- **Traumeel® Oral vials:** Pack containing 10 viials of 2.2 ml.
- **Traumeel® Ointment:** Tube containing 50 or 100 grams of ointment
- **Traumeel® Gel:** Tube containing 50 or squeeze bottle containing 250 grams of gel.
- **Traumeel® Ear drops:** Pack containing 10 vials of 0.45 ml.
- **Traumeel® Injection solution (Rx):** Pack containing 10 ampules of 2.0 ml.

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sblogics.com
Proven safe and effective for:

- Bruising
- Sports injuries
- Inflammation
- Muscular pain
Pharmacological aspects

In-vitro and in-vivo studies have demonstrated that Traumeel modulates the release of oxygen radicals by activating the neutrophil granulocytes, and also suppresses inflammatory mediators. The components of Traumeel do not have a cytotoxic effect on granulocytes, lymphocytes, blood platelets or endothelial cells. The defense mechanisms of these cells are not impaired by Traumeel.

Pharmacological description

Traumeel is made up of a combination of 12 botanical and 2 mineral active ingredients. (Injection solution has only 1 mineral ingredient) Traumeel causes no adverse renal, hepatic, cardiovascular, gastrointestinal or CNS side effects. Traumeel is compatible with conventional medications and local anesthesia. Traumeel is safe for children. Traumeel has no restrictions with regard to patient age or condition. Traumeel is generally well-tolerated and is suitable for long-term treatment. Traumeel has a broad spectrum of therapeutic activity.

<table>
<thead>
<tr>
<th>Traumeel® vs NSAIDs*</th>
<th>Traumeel®</th>
<th>NSAIDs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effective anti-inflammatory/analgesic</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>Established history of clinical experiences</td>
<td>yes</td>
<td>yes</td>
</tr>
<tr>
<td>Gastro-intestinal side effects</td>
<td>no</td>
<td>yes</td>
</tr>
<tr>
<td>Platelet aggregation inhibition</td>
<td>no</td>
<td>yes</td>
</tr>
<tr>
<td>Adverse drug interactions</td>
<td>no</td>
<td>yes</td>
</tr>
<tr>
<td>Sodium and fluid retention</td>
<td>no</td>
<td>yes</td>
</tr>
</tbody>
</table>

Over 60 years of therapeutic use and sold in more than 60 countries

References


* Non-steroidal anti-inflammatory drugs
Effectiveness of Traumeel ointment for sports-related ankle sprains.**

A placebo-controlled, randomized double-blind study

<table>
<thead>
<tr>
<th>Group</th>
<th>Success</th>
<th>n total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traumeel®</td>
<td>5</td>
<td>28</td>
</tr>
<tr>
<td>Placebo</td>
<td>23</td>
<td>13</td>
</tr>
</tbody>
</table>

Patients without pain within two weeks from beginning of therapy with Traumeel ointment, compared with placebo (n = 33 for Traumeel; n = 36 for placebo; p = 0.015).


Within the Traumeel group, the additional effects of the active ointment constituents accelerated recovery.**

In both groups, the basic treatment improved joint mobility. Considerably more so for the Traumeel patients (p = 0.03) than for the placebo group.**

The number of patients no longer in pain after 10 days of treatment (p < 0.0003).

**References**

2) Zennner S and Weiser M. Oral Treatment of Traumatic, Inflammatory and Degenerative Conditions with a Homeopathic Remedy. Biomedical Therapy. XV (1) 1997: 22-26