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1. What Homecare Nutmeg Oil is used for

Temporary relief of sprain, minor aches and pains of muscle and joints associated with neuralgia and rheumatism

2. How Homecare Nutmeg Oil works

Nutmeg oil has been reported to possess antioxidant and anti-inflammatory activities.

Menthol in concentrations of less than 1% depresses skin receptors and exerts an analgesic effect. When menthol is applied to the skin, it stimulates the nerves for the perception of cold, while depressing those that perceive pain. Topical application of counterirritant concentrations of menthol initially produces a feeling of coolness that is soon followed by a sensation of warmth. Menthol is a non-invasive treatment for the relief of mild pain.

Nutmeg Oil is readily absorbed through the skin and is applied in liniments and ointments form for the relief of pain in lumbago, sciatica and rheumatic conditions.

3. Before you use Homecare Nutmeg Oil

- When you must not take it
Do not use Homecare Nutmeg Oil if you are allergic to the ingredients of the product
- Before you start to use it
 - Ask your doctor or pharmacist for advice before using this medicated oil if you are pregnant or breastfeeding.
 - To check on sensitivity, applying a drop of oil to a small area of your skin and observe for any adverse reactions.
- Taking other medicines
The medicine is for topical application, usually will have minimal effect on other medications.

However, please inform the doctor or pharmacist if taking other medicines.

4. How to use Homecare Nutmeg Oil

- How much to Use
Apply on affected area. For external use only.
 - When to Use
Repeat 2-3 times a day
 - How Long to use it
You check with your doctor or pharmacist.
 - If you forget to use it
If you forget to apply the medicine, you can apply it as soon as you remember.
 - If you use too much (Overdose)
Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine.
- Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

5. While you are using it

- Things you must do
Inform doctor of medications that you are taking.
- Things you must not do
Avoid direct contact with eyes and open wounds. Keep out of reach of Children.
- Things to be careful of
If pregnant or become pregnant or breast-feeding during treatment, should not use *HomeCare Nutmeg Oil* unless doctor advised.

6. Side Effects

- Adverse skin reaction, light to moderate skin irritation.
- The oil can act as stimulant, avoid using in people with epilepsy.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website npra.moh.gov.my (Public --> Reporting Medicinal Problems / Side Effects / AEFI)

7. Storage and Disposal of Homecare Nutmeg Oil

Storage

Keep in cool and dry place below 30°C. Protect from light and moisture. Keep out of reach of Children.

Disposal

Consult your pharmacist on how to safely dispose of any medicines no longer required.

8. Product Description

- What it looks like
A clear, colourless liquid with pleasant smell of oil
- Ingredients
Active Ingredients:
Nutmeg Oil and Menthol
Inactive Ingredients:
White Oil and Clove Oil
- MAL number:-
MALxxxxxxxxxx

9. Manufacturer and Product Registration Holder

Sanchuan Medical Sdn. Bhd.
72, Lengkok Rishah 2, Taman Rishah, Kawasan Perindustrian Silibin, 30100 Ipoh, Perak Darul Ridzuan.

10. Date of revision

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