MENTHOLATUM DEEP HEATING RUB

Methyl Salicylate / Menthol (12.7% w/w / 5.8% w/w)

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This leaflet answers some common questions about Mentholatum Deep Heating Rub. It does not contain all the available information. It does not take the place of talking to your pharmacist or doctor.

If you have any concerns about taking this medicine, ask your pharmacist or doctor.

What Mentholatum Deep Heating Rub is used for

Mentholatum Deep Heating Rub is used for the temporary relief of minor aches and pains of muscles and joints associated with arthritis, simple backache, strains and sprains.

How Mentholatum Deep Heating Rub works

Mentholatum Deep Heating Rub contains the active ingredients Methyl Salicylate and Menthol.

Methyl Salicylate is used to relieve pain and reduces inflammation.

Menthol when applied to skin, it dilates the blood vessels causing a sensation of coldness followed by pain relief effect.

Ask your pharmacist of doctor if you have any questions about this medicine.

Before you use Mentholatum Deep Heating Rub

- *When you must not use it*

Do not use Mentholatum Deep Heating Rub if:

- You are allergic to Methyl Salicylate, Menthol or any of the other ingredients in this medicine.
- You have sensitive skin, open wounds or contact dermatitis.
- You are taking warfarin, excessive application on to the skin for muscle or joint pains may increase chances of bleeding.

- *Before you start to use it*

Tell your pharmacist or doctor:

- If you have sensitive skin, open wounds or contact dermatitis.
- If you are taking warfarin.
- If you have impaired circulation or diabetes.
- If you are using it in conditions affecting children under 12 years of age.

Pregnancy and breast feeding:

- Safe use during pregnancy and lactation has not been established.
- Do not use during pregnancy or when breastfeeding.

- *Taking other medicines*

Tell your doctor about all the other medicines and skin products you use, including prescription and non-prescription medicines, vitamins, herbal supplements and cosmetics. There are no known drug interactions with Mentholatum Deep Heating Rub that have been reported.

How to use Mentholatum Deep Heating Rub

- *How much to use*

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

Apply to affected area. For sore muscles and back pain: Work in before you exercise to warm up and after exercise to relieve muscle soreness and stiffness. Repeat 3-4 times a day.

- *When to use it*

Mentholatum Deep Heating Rub is used for temporary relief of minor aches and pains of muscles and joints associated with arthritis, simple backache, strains and sprains.

- *How long to use it*

This treatment should be continued when there are signs of joint and muscular pains, strains and sprains.

Consult your doctor or pharmacist if your symptoms persisted for more than 10 days, or if you developed redness or skin allergic to the products, or in conditions affecting children under 12 years of age.

- *If you forger to use it*

Apply the cream as soon as possible and then continue the rest of your treatment as usual. Do not double the dose to replace the missed dose.

- *If you use too much (overdose)*

Mentholatum Deep Heating Rub contains methyl salicylate and when applied or rubbed onto the skin, can be absorbed through the skin into the blood.

For patients taking warfarin, excessive application onto the skin for muscle or joint pains may increase the chances of bleeding.

If you accidentally ingested Mentholatum Deep Heating Rub, gargle with a lot of water and consult your pharmacist or doctor immediately.

Mild chronic salicylate intoxication, or

salicylism, usually occurs only after repeated use of large doses. Salicylism can also occur following excessive topical application of salicylates. Symptoms include dizziness, tinnitus, deafness, sweating, nausea and vomiting, headache, and confusion, and may be controlled by reducing the dosage.

While you are using Mentholatum Deep Heating Rub

- *Things you must do*

If you are about to start taking on any other new medicine, tell your pharmacist or doctor that you are taking Mentholatum Deep Heating Rub.

- *Things you must not do*

Use this medicine as directed.

Do not take more than the recommended dose unless your doctor tells you to.

- *Things to be careful of*

For external use only. Do not apply on wounds, near eyes or mucous membrane. However, if the product should come in contact with sensitive areas, it should be washed with soap and water and an emollient cream applied.

Do not use Mentholatum Deep Heating Rub on bandaged wound.

Do not apply external heat or hot water on affected areas when using Mentholatum Deep Heating Rub.

Use with caution in older children.

Keep this product out of reach of children.

Side effects

Mentholatum Deep Heating Rub may have unwanted side effects in some people. All medicines can have side effects. Sometimes they are serious, most of the time they are not.

Consult your doctor or pharmacist immediately if you experienced any side effects after using Mentholatum Deep Heating Rub.

Side effects include skin irritation, redness or swelling, burning or stinging sensation. Adverse reaction is rare, symptom of dizziness, nausea may occur.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npra.gov.my [Consumers→ Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

Storage and Disposal of Mentholatum Deep Heating Rub

- *Storage*

  Store below 30°C. Keep in a cool, dry place, protected from light. Keep out of reach of children.

- *Disposal*

  Dispose the medicine after the expiry date. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicine no longer required.

Product description

- *What it looks like*

Mentholatum Deep Heating Rub is a white to off white homogeneous cream with mint odor

Mentholatum Deep Heating Rub is available in 35.4g and 94.4g.

- *Ingredients*

Active ingredient(s):
Methyl Salicylate 12.7% w/w and Menthol 5.8% w/w

Inactive ingredient:
Chloroxylenol, Oil of Turpentine, Oil of Eucalyptus, GlycerylMonostearate SE, Water (Aqua), Lanolin Anhydrous.

- *MAL number:* MAL19910391X

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Manufacturer

THE MENTHOLATUM CO INC
707, Sterling Drive, Orchard Park, New York, 14127, United States.

Product Registration Holder

ROHTO-MENTHOLATUM (M) SDN. BHD.
Unit 9-1, Level 9 Wisma Averis, Avenue 5, Bangsar South City, No.8, Jalan Kerinchi, 59200 Kuala Lumpur Wilayah Persekutuan Kuala Lumpur, Malaysia.

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