

Mentholatum Deep Heating Rub Extra Strength Cream

Methyl salicylate (30%w/w), Menthol (8%w/w)

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What Mentholatum Deep Heating Rub Extra Strength Cream is used for

Mentholatum Deep Heating Rub Extra Strength Cream is used for temporary relief of minor aches and pains of muscles, simple backache, strains and sprains.

How Mentholatum Deep Heating Rub Extra Strength Cream works

Mentholatum Deep Heating Rub Extra Strength Cream contains methyl salicylate and menthol. Both menthol and methyl salicylate act as counterirritant. Counterirritant is an externally applied substance that causes irritation or mild inflammation of the skin for the purpose of relieving pain in muscles or joints by reducing inflammation in deeper adjacent structures.

Methyl salicylate is an irritant which produce redness.

Menthol when applied to skin dilates the blood vessels, causing a sensation of coldness followed by an analgesic effect.

Before you use Mentholatum Deep Heating Rub Extra Strength Cream

- When you must not use it

Do not apply to wounds or to damaged or very sensitive skin.

Pregnancy and lactation

Do not take Mentholatum Deep Heating Rub Extra Strength Cream if you are pregnant, trying to get pregnant or think you may be pregnant.

Do not take Mentholatum Deep Heating Rub Extra Strength Cream if you are breast-feeding. Ask your doctor or pharmacist for advice before taking any medicine.

- Before you start use it

- For external use only.
- Do not wrap, bandage or apply external heat or hot water.
- If you have impaired circulation or diabetes, use only upon advice of physician.
- This product should not be used in children under 2 years of age. Use with caution in older children.
- Keep this and all drugs out of the reach of children.
- In case of accidental ingestion, consult your physician immediately.

- Taking other medicines

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

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

How to use Mentholatum Deep Heating Rub Extra Strength Cream

- How much to use

- 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

Use as directed by your doctor or pharmacist.

- How long to use it

Continue taking Mentholatum Deep Heating Rub Extra Strength as long as your doctor recommends.

- If you forget to use it

Apply it once you remember or as directed by your doctor / pharmacist.

- If you use too much (overdose)

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.

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.

While you are using it

- Things you must do

Take your medicine exactly as your doctor or pharmacist has told you.

Tell all the doctors, dentists and pharmacists treating you that you are taking Mentholatum Deep Heating Rub Extra Strength Cream	Visit your doctor or pharmacist immediately if you experience any side effects after taking this medicine. You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website nptra.gov.my [Consumers→ Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]	Manufacturer The Mentholatum Company 707, Sterling Drive, Orchard Park, New York, 14127, United States.
- <u>Things you must not do</u> • Do not use Mentholatum Deep Heating Rub Extra Strength Cream after the expiry date. • Do not use more than the recommended dose unless your doctor tells you to. • Do not take any new medicines without consulting your doctor or pharmacist. • Do not give Mentholatum Deep Heating Rub Extra Strength Cream to anyone else, even if they have the same symptoms or condition as you.	Storage and Disposal of Mentholatum Deep Heating Rub Extra Strength Cream - <u>Storage</u> Keep out of the reach and sight of children. Store below 30 °C.	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. Date of revision 20/07/2022
- <u>Things to be careful of</u> • This product contains methyl salicylate & menthol and when applied or rubbed on to the skin, can be absorbed through the skin into the blood. For patients taking warfarin, excessive application on to the skin for muscle or joint pains may increase the chances of bleeding. • If pain persists for more than 10 days, or redness is present, or in conditions affecting children under 12 years of age, consult a physician immediately. • Discontinue use if excessive irritation of the skin develops. • Avoid getting into the eyes or on mucous membranes.	- <u>Disposal</u> Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.	Serial Number NPRA(R2/2)220713/913
Side effects Like all medicines Mentholatum Deep Heating Rub Extra Strength Cream can cause side effects, although not everybody gets them. Side effects include skin irritation, redness or swelling, burning or stinging sensation. Adverse reaction is rare, symptom of dizziness, nausea may occur.	Product Description - <u>What it looks like</u> A white to off-white homogenous cream having the odor of mint. - <u>Ingredients</u> - Active ingredients Methyl salicylate 30%w/w Menthol 8%w/w - Inactive ingredients Glyceryl Stearate (and) Sodium Lauryl Sulfate, Isoceteth-20, POLOXAMER 407, Purified water, Sorbitan monostearate, Triethanolamine - <u>MAL number:</u> MAL07050977X	