

COUNTERPAIN COOL GEL

Menthol (4% w/w)

What is in this leaflet

1. What COUNTERPAIN COOL GEL is used for
2. How COUNTERPAIN COOL GEL works
3. Before you use COUNTERPAIN COOL GEL
4. How to use COUNTERPAIN COOL GEL
5. While you are using COUNTERPAIN COOL GEL
6. Side effects
7. Storage and Disposal of COUNTERPAIN COOL GEL
8. Product description
9. Manufacturer and Product Registration Holder
10. Date of Revision

This leaflet answers some common questions about COUNTERPAIN COOL GEL. It does not contain all the available information. It does not take the place of talking to your pharmacist or doctor.

All medicines have risks and benefits. Your pharmacist or doctor has weighed the risks of you taking COUNTERPAIN COOL GEL against the benefits they expect it will have for you.

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

Keep this leaflet with the medicine. You may need to read it again.

What COUNTERPAIN COOL GEL is used for

COUNTERPAIN COOL GEL is used as a cooling relief from muscular pains. It provides temporary relief from muscular aches and pains.

How COUNTERPAIN COOL GEL

COUNTERPAIN COOL GEL contains the active ingredients Menthol.

It contains menthol 4% w/w.

Menthol, when applied to skin, dilates the blood vessels causing a sensation of coldness followed by an analgesic effect. It also acts as penetration enhancer, increasing the penetration of drugs when applied on the skin, to give a faster onset of action.

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

Before you use COUNTERPAIN COOL GEL

- When you must not use it

Do not use COUNTERPAIN COOL GEL if:

- You are allergic (hypersensitive) to Menthol or to any of the other ingredients in this medicine.
- You have skin sensitization or contact dermatitis.

- Before you start to use it

Tell your pharmacist or doctor if:

- If you have skin sensitization, including contact dermatitis and is allergic to Menthol or to any of the other ingredients in this medicine.

Pregnancy and breast feeding:

- Safe use during pregnancy and lactation has not been established.
- Ask your doctor or pharmacist for advice before using / taking this medicine if you are pregnant or breast-feeding.

- 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 is no kind of drug interactions with COUNTERPAIN COOL GEL have been reported.

How to use COUNTERPAIN COOL GEL

- How much to use

Apply COUNTERPAIN COOL GEL liberally onto the affected areas and gently massage until completely absorbed into the skin. Repeat not more than four times daily. Vigorous rubbing is not required.

- When to use it

Use it for cooling relief from muscular aches and pains

- How long to use it

This treatment should be continued when there are signs of muscular aches and pains.

Consult your doctor or pharmacist if your symptoms do not improve after a period of treatment, or if you have developed skin allergic to the product.

- If you forget to use it

Apply the COUNTERPAIN COOL GEL as soon as possible and then continue the rest of your treatment as usual.

- If you use too much (overdose)

If you use too much of this COUNTERPAIN COOL GEL, consult your doctor or pharmacist. Bring any remaining COUNTERPAIN COOL GEL with you.

While you are using COUNTERPAIN COOL GEL

- 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 COUNTERPAIN COOL GEL.

- Things you must not do

This preparation should not be used on infants and is contraindicated in those with known hypersensitivity to any component in the formulation.

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 or near eyes. Keep out of reach of children.

Side effects

All medicines have risks and benefits. Your pharmacist or doctor has weighed the risks of you using COUNTERPAIN COOL GEL against the benefits they expect it will have for you.

COUNTERPAIN COOL GEL 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.

The side effects possibly related to treatment have been infrequently reported: skin hypersensitivity reactions.

Stop taking the medicine if you have experience: skin sensitization or discomfort.

Visit your doctor or pharmacist immediately if you experience any side effects after using 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 npra.moh.gov.my [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of COUNTERPAIN COOL GEL

- Storage

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

- Disposal

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.

Product description

- What it looks like

COUNTERPAIN COOL GEL is a light blue gel.

COUNTERPAIN COOL GEL is available in 15g, 25g, 30g, 50g and 60g aluminium tubes.

- Ingredients

Active ingredient(s):
Menthol 4.0% w/w

Inactive ingredients:
Thymol, Carbopol 940, Disodium Edetate, Methylparaben, Propylparaben, Brilliant Blue Powder, Propylene Glycol, Triethanolamine 99%, Isopropyl Alcohol, Purified Water.

- MAL number: MAL20013589X

Manufacturer

HOE Pharmaceuticals Sdn. Bhd.
Lot 10, Jalan Sultan Mohamed 6,
Bandar Sultan Suleiman,
42000 Port Klang, Selangor,
MALAYSIA.

Product Registration Holder

HOE Pharmaceuticals Sdn. Bhd.
Lot 10, Jalan Sultan Mohamed 6,
Bandar Sultan Suleiman,
42000 Port Klang, Selangor,
MALAYSIA.

Date of revision

10/06/2025

Serial Number

BPFK(R4/1)21062017/00142