DIAMOND NUTMEG OINTMENT

Nutmeg Oil / Camphor / Menthol / Methyl Salicylate / Eucalyptus Oil (30% w/w / 10% w/w / 5% w/w / 20% w/w / 5% w/w)

What is in this leaflet

1. What Diamond Nutmeg Ointment is used for
2. How Diamond Nutmeg Ointment works
3. Before you used Diamond Nutmeg Ointment
4. How to use Diamond Nutmeg Ointment
5. While you are using it
6. Side effects
7. Storage and disposal of Diamond Nutmeg Ointment
8. Product Description
9. Manufacturer and Product Registration Holder
10. Date of revision

What Diamond Nutmeg Ointment is used for

Indicated for minor muscular aches and pains, athletic soreness, temporary relief of minor pains of arthritis and rheumatic, lumbago, sciatica, sprains and neuralgias.

How Diamond Nutmeg Ointment works

Methyl Salicylate: Absorbed through the skin and is applied for the relief of pain in muscle and joints.
Eucalyptus Oil: Applied to the skin as counter-irritant.
Nutmeg Oil: To block prostaglandins production, and thus reduce the inflammation.
Camphor: Acts as rubefacient and mild analgesic.
Menthol: Dilates the vessels, causing a sensation of coldness followed by analgesic effects and relieves itching.

Before you use Diamond Nutmeg Ointment

- *When you must not use it*

Do not use Diamond Nutmeg Ointment in infants under 2 years of age.

Ask your doctor or pharmacists for advice before taking Diamond Nutmeg Ointment.

- *Before you start to use it*

Tell your doctor if you are sensitive to salicylate or any other ingredients.

- *Taking other medicines*

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

How to use Diamond Nutmeg Ointment

- *How much to use*

Apply freely as needed, rubbing and massaging in well.
Bandaging or wrapping is not recommended.
Discontinue use if excessive irritation of the skin develops.

The directions given 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.

- *When to use it*

Use as directed by your doctor or pharmacist.

- *How long to use it*

Continue taking Diamond Nutmeg Ointment for as long as your doctor recommends.

- *If you use too much (overdose)*

The preparation is well tolerated following the recommended directions.

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 has told you.

Tell the doctor, dentist and pharmacist treating you that you are taking Diamond Nutmeg Ointment.

- *Things you must not do*

Do not take any new medicines without consulting your doctor or pharmacist.

Do not give Diamond Nutmeg Ointment to anyone else, even if they have the same symptoms or condition as you.

- *Things to be careful of*

It is dangerous to place any Camphor containing product into the nostril of children. A small amount applied this way may cause immediate collapse. Avoid getting into eyes or on mucous membranes. Caution should be exercised when older children are treated.

Side effects

Skin irritation may occur. Absorption of Methyl Salicylate through skin may produce systemic side effects such as dizziness, noises in the ear, deafness, sweating, nausea and vomiting, headache and mental confusion.

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 npra.gov.my (*Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI).*

Storage and Disposal of Diamond Nutmeg Ointment

- *Storage*

Keep out of reach of children
Keep away from eyes
Do not store above 30°C
Protect From Light
Keep the container tightly closed
For external use only

- *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.

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Product Description

- *What it looks like*

White colour ointment with nutmeg fragrance.

- *Ingredients*
- Active ingredients

Nutmeg Oil, Camphor, Menthol, Methyl Salicylate and Eucalyptus Oil

- Inactive ingredients

Paraffin Wax and White Soft Paraffin

- *MAL number*

MAL19911406X

Manufacturer and Product Registration Holder

Dynapharm (M) Sdn. Bhd.
2497, Mk. 1, Lorong Perusahaan Baru 5, Kawasan Perusahaan Perai 3, 13600 Perai, Pulau Pinang, Malaysia.

Date of revision

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