

Package leaflet : Information for the user
Mentholatum Deep Heat Cream

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

This medicine is available without prescription. Nevertheless you still need to use Mentholatum Deep Heat Cream carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms do not improve.
- If any side effects become serious or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

What is in this leaflet:

1. What Mentholatum Deep Heat Cream is and what it is used for
2. Before you use Mentholatum Deep Heat Cream
3. How to use Mentholatum Deep Heat Cream
4. Possible side effects
5. How to store Mentholatum Deep Heat Cream
6. Further information

1. What Mentholatum Deep Heat Cream is and what it is used for

Mentholatum Deep Heat Cream is a non-greasy, pain relieving cream to be applied to the skin. It is used for the relief of muscular pains including:

- Fibrositis (muscle tenderness or stiffness)
- Muscle strains
- Arthroses (pain in the joints)

2. Before you use Mentholatum Deep Heat Cream

Do not use Mentholatum Deep Heat Cream if you have an allergy

- to menthol, eucalyptus oil, methyl salicylate, turpentine oil or any of the other ingredients in this medicine (listed in section 6).
- to **painkillers** such as **aspirin, ibuprofen** and other **non-steroidal anti-inflammatory drugs (NSAIDs)**

Do not use Mentholatum Deep Heat Cream on:

- children under 5 years of age
- your eyes or other sensitive areas. If this occurs accidentally wash away with plenty of clean water
- broken or inflamed skin

Mentholatum Deep Heat Cream is only for use on the skin.

Do not take by mouth

Take special care with Mentholatum Deep Heat Cream

See your doctor before using Mentholatum Deep Heat Cream if you:

- are pregnant or breastfeeding
- have asthma

Do not smoke or go near naked flames – risk of severe burns. Fabric (clothing, bedding, dressings etc) that has been in contact with this product burns more easily and is a serious fire hazard. Washing clothing and bedding may reduce product build-up but not totally remove it.

Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes any medicines you have bought without a prescription.

See your doctor before using Mentholatum Deep Heat Cream if you are taking

- medicines that thin the blood (including warfarin) or prevent clots (including aspirin).

Pregnancy and breastfeeding

See your doctor before using Mentholatum Deep Heat Cream if you are pregnant or breastfeeding. Ask your doctor or pharmacist for advice before taking any medicine.

Important information about some of the ingredients of Mentholatum Deep Heat Cream

This medicine contains 1mg propylene glycol in each 100mg which is equivalent to 10mg in 1g of cream. Propylene glycol may cause skin irritation.

This medicine contains wool fat (lanolin) and cetostearyl alcohol which may cause local skin reactions (e.g. contact dermatitis).

3. How to use Mentholatum Deep Heat Cream

Mentholatum Deep Heat Cream is for adults and children over 5 years old. It can be used before or after exercise.

- Always try on a small area first
- Gently massage a thin layer of Mentholatum Deep Heat Cream to the affected area until the cream is rubbed in.
- Apply Mentholatum Deep Heat Cream 2-3 times daily
- Always wash your hands immediately after use so that you do not transfer it to sensitive areas such as your lips or eyes. If this occurs, wash away with plenty of clean water
- If your symptoms do not improve see your doctor
- Stop using Mentholatum Deep Heat Cream if you get excessive skin irritation or other unwanted effects.

If you use more Mentholatum Deep Heat Cream than you should

If you accidentally squeeze out too much cream use a tissue to wipe off any excess.

If you or a child accidentally swallow the cream contact your doctor or hospital immediately.

If you forget to use Mentholatum Deep Heat Cream

If you forget to use the cream apply Mentholatum Deep Heat Cream again when you remember. Do not use the cream more than 3 times in one day.

4. Possible side effects

Like all medicines Mentholatum Deep Heat Cream can cause side effects, although not everybody gets them.

The following effects may occur, particularly if you have sensitive skin or if you use the cream in hot weather or after a hot bath:

- Temporary skin redness
- Burning sensation
- Swelling or blistering

More severe reactions, allergic-type such as urticaria (itchy rash), and burns at application site, may occur (frequency cannot be estimated from the available data).

Stop using Mentholatum Deep Heat Cream and tell your doctor if you experience excessive skin irritation or other unwanted effects.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPRA

Pharmacovigilance, Website: www.hpra.ie. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Mentholatum Deep Heat Cream

Keep out of the sight and reach of children

Store below 25°C

Do not use after the expiry date which is printed on the tube and carton. The expiry date refers to the last day of that month.

Take any Mentholatum Deep Heat Cream that is out of date to a pharmacist for disposal.

6. Further information

What Mentholatum Deep Heat Cream contains

The actives substances are:

- | | |
|---------------------|------------|
| - Menthol | 5.91% w/w |
| - Eucalyptus oil | 1.97% w/w |
| - Methyl salicylate | 12.80% w/w |
| - Turpentine oil | 1.47% w/w |

The other ingredients are: sodium cetostearyl sulfate, cetostearyl alcohol, propylene glycol, wool fat (lanolin), liquid paraffin and water (see the end of Section 2)

What Mentholatum Deep Heat Cream looks like and contents of the pack

Mentholatum Deep Heat Cream is a white cream.

Each tube contains 35, 67 or 100g

Not all pack sizes may be marketed

[Marketing Authorisation holder:

Colep Laupheim GmbH & Co KG

Fockestrasse 12

88471 Laupheim

Manufacturer:

The Mentholatum Company Limited
1 Redwood Avenue, East Kilbride, UK, G74 5PE]

Marketing Authorisation holder and Batch Release:

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1 Redwood Avenue, East Kilbride, UK, G74 5PE

PA 22761/001/001

For any information about this product please contact the manufacturer at the above address.
This leaflet was revised in 01 2020.