PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

MENTHOLATUM DEEP HEAT RUB, cream

The active substances per 100 g cream is 12,80 g methyl salicylate and 5,91 g menthol.

Read all of this leaflet carefully because it contains important information for you

MENTHOLATUM DEEP HEAT RUB is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use MENTHOLATUM DEEP HEAT RUB carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share MENTHOLATUM DEEP HEAT RUB with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve after 10 days.

What is in this leaflet

1. What MENTHOLATUM DEEP HEAT RUB is and what it is used for
2. What you need to know before you use MENTHOLATUM DEEP HEAT RUB
3. How to use MENTHOLATUM DEEP HEAT RUB

4. Possible side effects
5. How to store MENTHOLATUM DEEP HEAT RUB
6. Contents of the pack and other information

1 What MENTHOLATUM DEEP HEAT RUB is and what it is used for

MENTHOLATUM DEEP HEAT RUB is used for the temporary relief of minor aches and pains of muscles and joints associated with arthritis, simple backache, strains and sprains.

2 What you need to know before you use MENTHOLATUM DEEP HEAT RUB

Patients with diabetes or impaired circulation should only use this product on advice of a doctor.

Do not wrap, bandage or apply external heat or hot water.

MENTHOLATUM DEEP HEAT RUB is for external use only.

Do not use MENTHOLATUM DEEP HEAT RUB:

- if you are hypersensitive (allergic) to aspirin, methyl salicylate, menthol or any of the ingredients of MENTHOLATUM DEEP HEAT RUB (listed in section 6).
- on wounds, damaged skin or very sensitive skin.
- on children under 5 years of age.

Warnings and precautions

Take special care with MENTHOLATUM DEEP HEAT RUB:

- Avoid contact with the eyes and mucous membranes.
- Discontinue use if excessive irritation occurs.
- The menthol in this product may cause hypersensitivity (allergic) reactions including contact dermatitis.

Other medicines and MENTHOLATUM DEEP HEAT RUB

Always tell your health care provider if you are taking any other medicine. (This includes complementary or traditional medicines.)

Pregnancy and breastfeeding

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before using this medicine.

Driving and using machines

It is unlikely that treatment with MENTHOLATUM DEEP HEAT RUB will have any effect on the ability to drive or use machines, but patients should ensure that they do not engage in the above activities until they are aware of the measure to which MENTHOLATUM DEEP HEAT RUB affects them.

3 How to use MENTHOLATUM DEEP HEAT RUB

Do not share medicines prescribed for you with any other person.

Always use MENTHOLATUM DEEP HEAT RUB exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

For arthritis: Apply to affected area. Massage gently until absorbed into the skin. Repeat three to four times a day.

For sore muscles: Massage in before exercise to warm up and after exercise to relieve muscle soreness or stiffness.

Wash hands thoroughly after use.

If you use more MENTHOLATUM DEEP HEAT RUB than you should

There are no known cases of overdosage with this type of product.
In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

4 Possible side effects

MENTHOLATUM DEEP HEAT RUB can have side effects.

Not all side effects reported for MENTHOLATUM DEEP HEAT RUB are included in this leaflet. Should your general health worsen or if you experience any untoward effects while using MENTHOLATUM DEEP HEAT RUB, please consult your health care provider for advice.
If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the "**6.04 Adverse Drug Reaction Reporting Form**", found online under SAHPRA's publications: https://www.sahpra.org.za/Publications/Index/8. By reporting side effects, you can help provide more information on the safety of MENTHOLATUM DEEP HEAT RUB. You may also report side effects directly to https://www.mentholatum.co.za

5 How to store MENTHOLATUM DEEP HEAT RUB

Store at or below 25 °C.

Do not use after the expiry date stated on the tube.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

Store all medicines out of reach of children.

6 Content of the pack and other information

What MENTHOLATUM DEEP HEAT RUB contains

The active substance per 100 g suspension is 12,80 g Methyl salicylate and 5,91 g menthol.

The other ingredients are eucalyptus oil, turpentine oil, propylene glycol, lanolin, liquid paraffin, cetostearyl alcohol, sodium cetyl stearyl sulphate and purified water.

What MENTHOLATUM DEEP HEAT RUB looks like and contents of the pack

MENTHOLATUM DEEP HEAT RUB is a white to off-white cream with the odour of menthol, methyl salicylate, eucalyptus oil and turpentine oil.

MENTHOLATUM DEEP HEAT RUB is presented in aluminium tubes of 15 g, 35 g, 75 g and 100 g. Not all pack sizes may be available.

Holder of Certificate of Registration

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Access to the corresponding Professional Information

The PI can be found online under Mentholatum SA's website:

https://www.mentholatum.co.za/product-information/.