PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

NORFLEX HEAT RUB, 10 g Methyl Salicylate per 100 g, ointment

Methyl Salicylate

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

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

Keep this leaflet. You may need to read it again.

Do not share NORFLEX HEAT RUB with any other person.

Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What NORFLEX HEAT RUB is and what it is used for

2. What you need to know before you use NORFLEX HEAT RUB

3. How to use NORFLEX HEAT RUB

4. Possible side effects

5. How to store NORFLEX HEAT RUB

6. Contents of the pack and other information

1. What NORFLEX HEAT RUB is and what it is used for

NORFLEX HEAT RUB contains the active ingredient methyl salicylate which is used for the temporary relief from minor pain and stiffness of rheumatism and muscle soreness.

2. What you need to know before you use NORFLEX HEAT RUB

Do not use NORFLEX HEAT RUB:

- if you are hypersensitive (allergic) to methyl salicylate or any of the other ingredients of NORFLEX HEAT RUB (listed in section 6).

- on broken skin or raw areas.
- on children under 5 years of age.

Warnings and precautions

Special care should be taken with NORFLEX HEAT RUB:

- Only for external use
- Avoid contact with eyes
- If you have a sensitive skin

Children

Not for use on children under 5 years of age (see "Do not use NORFLEX HEAT RUB").

Other medicines and NORFLEX HEAT RUB

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

See your doctor before using NORFLEX HEAT RUB if you are taking

- medicines that thin the blood or prevent clots e.g., warfarin.

Pregnancy, breastfeeding and fertility

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 healthcare provider for advice before taking this medicine.

Safety in pregnancy or when breastfeeding your baby has not been established.

Driving and using machines

It is not always possible to predict to what extent NORFLEX HEAT RUB may interfere with your daily activities. You should ensure that you do not engage in driving or operating machinery until you are aware of the measure to which NORFLEX HEAT RUB affects you.

3. How to use NORFLEX HEAT RUB

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

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

FOR EXTERNAL USE ONLY

Massage into the affected area three times daily.

Avoid contact with eyes.

Wash your hands after using this medicine.

If you use more NORFLEX HEAT RUB than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

Ingestion of relatively small amounts of NORFLEX HEAT RUB may cause severe poisoning and death. Contact the nearest hospital or poison centre immediately.

If you forget to use NORFLEX HEAT RUB

Do not use a double dose to make up for forgotten individual doses.

4. Possible side effects

NORFLEX HEAT RUB can have side effects.

Not all side effects reported for NORFLEX HEAT RUB are included in this leaflet. Should your general health worsen or if you experience any untoward effects while using NORFLEX HEAT RUB, please consult your healthcare provider for advice.

Tell your doctor if you notice any of the following:

Frequency unknown

- Skin sensitivity may develop. Should this occur discontinue use immediately.

- Symptoms of flushing and headache may also occur.
- Hives and swelling may occur in the face, tongue, larynx, abdomen, or arms and legs (especially if you are sensitive to aspirin).

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, pharmacist or nurse. 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 NORFLEX HEAT RUB.

5. How to store NORFLEX HEAT RUB

Store all medicines out of reach of children.

Keep tightly closed.

Protect from light.

Store at or below 25 °C.

Return all unused or expired medicines to your pharmacist.

6. Contents of the pack and other information

What NORFLEX HEAT RUB contains

The active substance is methyl salicylate.

The other ingredient is yellow soft paraffin.

What NORFLEX HEAT RUB looks like and contents of the pack

Yellowish, unctuous ointment with a distinctive methyl salicylate odour.

25 g aluminium tubes or plastic containers

500 g plastic jar

Holder of Certificate of Registration

iNova Pharmaceuticals (Pty) Ltd

15E Riley Road

Bedfordview

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