

TIGER®MUSCLE RUB

Methyl Salicylate / Menthol / Camphor (15% w/w /5% w/w/ 3% w/w)

What is in this leaflet

1. What is *Tiger Muscle Rub* used for
2. How does *Tiger Muscle Rub* work
3. Before you use *Tiger Muscle Rub*
4. How to use *Tiger Muscle Rub*
5. While you are using it
6. Side effects
7. Storage and Disposal of *Tiger Muscle Rub*
8. Product Description
9. Manufacturer and Product Registration Holder
10. Date of revision

What is *Tiger Muscle Rub* used for

For the temporary relief of minor aches and pains of muscles and joints associated with simple backaches, strains, bruises and sprains.

How does *Tiger Muscle Rub* work

It has analgesic effects. When massaged gently on the skin, it produces a cooling effect followed by a sensation of warmth.

Before you use *Tiger Muscle Rub*

-When you must not use it

Individuals with known or suspected intolerance to any ingredients of the medicine.

-Before you start to use it

It may cause allergic reaction in some individuals with sensitive skin. Before you start using it, test on small area first.

-Taking other medicines

For individuals taking warfarin, please use under direction of doctor as to avoid excessive application on to the skin which may increase the chances bleeding.

How to use *Tiger Muscle Rub*

-How much to use

Use only sufficient amount on the affected area.

-When to use it

Use it when you are suffering from minor aches and pain of muscles and joints associated with simple backaches, strains, bruises and sprains.

-How long or often to use it

Recommended to use not more than 3 to 4 times daily.

-If you forget to use it

Consult your doctor on what you should do if you forgot to use it. You may continue to experience symptomatic pain from sore muscle.

-If you use too much (overdose)

If you think you or anyone else may have used too much of this medicine or accidental ingestion occurs, consult a doctor immediately or go to the Emergency Department of nearest hospital. Do this even if there are no sign of discomfort or poisoning. You may need medical attention.

While you are using *Tiger Muscle Rub*

-Things you must do

Apply on affected area gently until completely absorbed.

-Things you must not do

- Do not apply *Tiger Muscle Rub* on wounds or irritated skin.
- Do not bandage tightly.
- Camphor can cause convulsion. Do not use on infants below 2 years of age. (Contraindication)

-Things to be careful of

- Person with known or suspected intolerance to warm soothing should be caution when using this preparation. (Contraindication)
- Caution must be taken when older children are treated.
- Avoid direct contact with nostrils, eyes, mucous membranes or other tender body area.
- Discontinue use if excessive irritation on the skin develops.
- For external use only. Keep away from children.

Side effects

May cause skin irritation in some individuals with sensitive skin. You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550 or visiting the website <http://www.npra.moh.gov.my> (Public → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)).

Storage and Disposal of *Tiger Muscle Rub*

-Storage

It is recommended to store *Tiger Muscle Rub* below 30°C. For use within 3 years from date of manufacture.

-Disposal

Medicines should not be disposed off into waterways. Ask your pharmacist how to dispose off if no longer use.

Product Description

-What it looks like

White cream with characteristic smell of Methyl Salicylate and Menthol.

-Ingredients

Active ingredient(s):

Methyl Salicylate,
Menthol, Camphor.

Inactive ingredient:

Methyl hydroxybenzoate,
Propyl hydroxybenzoate.

-MAL number

MAL19962565X

**Manufacturer and Product
Registration Holder**

Tiger Balm (M) Sdn. Bhd,
PLO 95, No. 6, Jalan Firma 1/1,
Tebrau Industrial Estate,
81100 Johor Bahru, Malaysia.

Date of revision

30/05/2018

Serial Number

NPRA(R4/1)271117/00327