

TIGER BALM® NECK & SHOULDER RUB

Camphor/ Menthol/ Dementholised Mint Oil (11% w/w/ 10% w/w / 6% w/w)

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What is *Tiger Balm Neck & Shoulder Rub* used for

For the temporary relief of minor aches and pains of muscles around the neck and shoulder areas.

How does *Tiger Balm Neck & Shoulder Rub* work

It has mild warm soothing and analgesic effects. When massaged gently on the skin, it produces a cooling effect followed by a sensation of warmth which may last for several hours.

Before you use *Tiger Balm Neck & Shoulder 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

Not Applicable. Topical use only, no interaction with oral drugs.

How to use *Tiger Balm Neck & Shoulder Rub*

-How much to use

Gently massage a sufficient amount on the affected area.

-When to use it

Use it when you are suffering from minor aches and pains of muscles around the neck & shoulder areas.

-How long or often to use it

Recommended to use 2 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 discomforts listed.

-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 Balm Neck & Shoulder Rub*

-Things you must do

Apply on affected area gently until completely absorbed. Pregnant women and nursing women to consult a doctor before use.

-Things you must not do

- Do not apply *Tiger Balm Neck & Shoulder 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

- Individuals with known or suspected intolerance to warm soothing should exercise caution in 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 of the skin develops.
- For external use only. Keep away from children.

Side effects

May cause allergic reaction 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 Balm Neck & Shoulder Rub*

-Storage

It is recommended to store *Tiger Balm Neck & Shoulder 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.

Serial Number:

NPRA (R4/1)060218/00037

Product Description

-What it looks like

Off white cream with a tinge of blue and characteristic smell.

-Ingredients

Active ingredient(s):

Camphor, Menthol,
Dementholised Mint Oil.

Inactive ingredient:

Eucalyptus Oil, Glycerine,
Methyl Glucose Dioleate,
Fragrance, Poly (Methyl Vinyl
Ester/ Maleic Anhydride)
Decadiene Crosspolymer,
Triethanolamine, Germaben II,
Colouring Agent, Purified Water

-MAL number

1. MAL07122812X
2. MAL12035012XCS

Manufacturer

1. Tiger Balm (M) Sdn.Bhd,
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Product Registration Holder

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Date of revision

11/04/2018