

# PRIME NUTMEG OIL

Nutmeg oil / Menthol (80% w/w / 10% w/w)

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## What *Prime Nutmeg Oil* is used for

It is used to relieve bruises, muscular pains, sprains and cramps.

## How *Prime Nutmeg Oil* works

*Prime Nutmeg Oil* contains nutmeg oil which is a mild rubefacient. It also contains menthol which causes a sensation of coldness followed by a pain relieving effect.

## Before you use *Prime Nutmeg Oil*

- When you must not use it  
- allergic to the ingredients of the product.

- Before you start to use it  
Stop application if skin irritation occurs. Risk benefits should be considered for pregnant or breastfeeding mothers. Safety for use in pregnancy and breastfeeding has not been established.

- Taking other medicines  
The medicine is for topical application, usually will have minimal effect on other medications. However, please inform the doctor or pharmacist if taking other medicines.

## How to use *Prime Nutmeg Oil*

- How much to use  
Apply to affected part freely as needed.

- When to use it  
Please follow the advice of the doctor or pharmacist.

- How long to use it  
You should check with your doctor or pharmacist.

- If you forget to use it  
If forget to use this medicine, use it as soon as remember. Then next, use this medicine at the usual time.

- If you use too much (overdose)  
If used too much *Prime Nutmeg Oil*, contact your doctor, an emergency department or a poison center immediately.

## While you are using *Prime Nutmeg Oil*

- Things you must do  
Inform doctor of medications that you are taking.

- Things you must not do  
Do not stop using medication although feeling better after a few days, until the prescribed course is finished.  
Avoid direct application to the nostrils.

- Things to be careful of  
If pregnant or become pregnant or breast-feeding during treatment, should not use *Prime Nutmeg Oil* unless doctor advised.

## Side effects

Menthol may give rise to allergic reactions, including itching, flushing and headache. If any of the side effects become serious or any other side effects not listed in this leaflet, please inform the doctor or pharmacist.  
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 [npra.moh.gov.my](http://npra.moh.gov.my) (Public → Reporting Medicinal Problems / Side Effects / AEFI / Vaccine Safety).

## Storage and Disposal of *Prime Nutmeg Oil*

- Storage  
Store in cool, dry place below 30°C.  
Protect from light.  
Keep out of reach of children.

- Disposal  
Ask your pharmacist how to dispose of medicines no longer required.

## Product description

- What it looks like  
Clear, colourless, nutmeg fragrance oil.

- Ingredients:  
- Active ingredients: nutmeg oil and menthol  
- Inactive ingredient: liquid paraffin.

- MAL number:  
MAL19912079X

## Manufacturer and Product Registration Holder

Prime Pharmaceutical Sdn. Bhd.  
1505, Lorong Perusahaan Utama 1  
Taman Perindustrian Bukit Tengah  
14000 Bukit Mertajam, Penang, Malaysia.

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