

# TIGER BALM® EX OINTMENT

Cajuput Oil/ Camphor/ Menthol/ Dementholised Mint Oil/ Clove Oil/ Cinnamon Oil (13% w/w/ 11% w/w/ 11% w/w/ 6%w/w/ 5% w/w/ 3%w/w)

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## What is *Tiger Balm Ex Ointment* used for

For the temporary relief of muscular aches, rheumatic pains, lower back pain and sprains.

## How does *Tiger Balm Ex Ointment* work

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

## Before you use *Tiger Balm Ex Ointment*

### -When you must not use it

Individuals with known or suspected intolerance to warm soothing should exercise caution before using this ointment.

### -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. External use only, no interaction with oral drugs.

## How to use *Tiger Balm Ex Ointment*

### -How much to use

Use only sufficient amount on the affected area.

### -When to use it

Use it when you are suffering from muscular aches, rheumatic pains, lower back pain and sprains.

### -How long or often to use it

Recommended to use 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 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 Ex Ointment*

### -Things you must do

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

### -Things you must not do

- Do not apply *Tiger Balm Ex Ointment* 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 Ex Ointment*

### -Storage

It is recommended to store *Tiger Balm Ex Ointment* away from direct sunlight below 27°C in a cool dry place. For use within 4 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.

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## Product Description

### -What it looks like

Whitish-yellow ointment with characteristic smell of Camphor and Menthol.

### -Ingredients

Active ingredient(s):

Cajuput Oil, Camphor, Menthol,  
Dementholised Mint Oil, Clove Oil,  
Cinnamon Oil.

Inactive ingredient:

Paraffin, Petrolatum.

### -MAL number

MAL19962564X

## Manufacturer and Product Registration Holder

Tiger Balm (M) Sdn. Bhd,  
PLO 95, No. 6, Jalan Firma 1/1,  
Tebrau Industrial Estate,  
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## Date of revision

11/04/2018

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