

TIGER BALM® PLUS OINTMENT

Camphor / Menthol / Methyl Salicylate / Cajuput Oil/ Dementholised Mint Oil / Clove Oil / (11% w/w / 10%w/w / 7%w/w / 6.0% w/w / 5% w/w)

What is in this leaflet

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

What is *Tiger Balm Plus Ointment* used for

For the relief of minor aches and pains of muscle and joints associated with simple backaches, arthritis pains, rheumatic pains, lower back pain and sprains.

How does *Tiger Balm Plus Ointment* work

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

Before you use *Tiger Balm Plus Ointment*

-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 (anticoagulant medicine), please use under direction of doctor as to avoid excessive application on to the skin which may increase the chances of bleeding.

How to use *Tiger Balm Plus Ointment*

-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 pains of muscle and joints associated with simple backaches, arthritis pains, 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 Plus Ointment*

-Things you must do

Apply on the affected area gently until completely absorbed.

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

-Things you must not do

- Do not apply *Tiger Balm Plus 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

- 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 Plus Ointment*

-Storage

It is recommended to store *Tiger Balm Plus Ointment* below 30°C, in a 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 of medicines if no longer use.

Product Description.

-What it looks like

Brownish ointment with characteristic smell of Menthol, Camphor and Methyl Salicylate.

-Ingredients

Active ingredient(s):
Camphor, Menthol, Methyl Salicylate, Cajuput Oil, Dementholised Mint Oil, Clove Oil.

Inactive ingredient:
Paraffin, Petrolatum, Cassia oil.

-MAL number

MAL19973775X

Manufacturer and Product Registration Holder

Tiger Balm (M) Sdn. Bhd,
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