

# MENZZA ICE GEL

Menthol (4% w/w)

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## What is in this leaflet

1. What Menzza Ice Gel is used for
2. How Menzza Ice Gel works
3. Before you use Menzza Ice Gel
4. How to use Menzza Ice Gel
5. While you are using Menzza Ice Gel
6. Side effects
7. Storage and Disposal of Menzza Ice Gel
8. Product description
9. Manufacturer and Product Registration Holder
10. Date of Revision

This leaflet answers some common questions about Menzza Ice Gel. It does not contain all the available information. It does not take the place of talking to your pharmacist or doctor.

All medicines have risks and benefits. Your pharmacist or doctor has weighed the risks of you taking Menzza Ice Gel against the benefits they expect it will have for you.

**If you have any concerns about taking this medicine, ask your pharmacist or doctor.**

**Keep this leaflet with the medicine.** You may need to read it again.

## What Menzza Ice Gel is used for

Menzza Ice Gel is used as a cooling relief from muscular pains. It provides temporary relief from muscular aches and pains.

## How Menzza Ice Gel

Menzza Ice Gel contains the active ingredients Menthol.  
It contains 4% menthol w/v.

Menthol, when applied to skin, dilates the blood vessels causing a sensation of coldness followed by an analgesic effect. It also acts as

penetration enhancer, increasing the penetration of drugs when applied on the skin, to give a faster onset of action.

Ask your pharmacist or doctor if you have any questions about this medicine.

## Before you use Menzza Ice Gel

### - When you must not use it

Do not use Menzza Ice Gel if:

- You are allergic (hypersensitive) to Menthol or to any of the other ingredients in this medicine.
- You have skin sensitization or contact dermatitis.

### - Before you start to use it

Tell your pharmacist or doctor if:

- If you have skin sensitization, including contact dermatitis and is allergic to Menthol or to any of the other ingredients in this medicine.

Pregnancy and breast feeding:

- Safe use during pregnancy and lactation has not been established.
- Ask your doctor or pharmacist for advice before using / taking this medicine if you are pregnant or breast-feeding.

### - Taking other medicines

Tell your doctor about all the other medicines and skin products you use, including prescription and non-prescription medicines, vitamins, herbal supplements, and cosmetics. There is no kind of drug interactions with Menzza Ice Gel have been reported.

## How to use Menzza Ice Gel

### - How much to use

Apply Menzza Ice Gel liberally onto the affected areas and gently massage until completely absorbed

into the skin. Repeat not more than four times daily. Vigorous rubbing is not required.

### - When to use it

Use it for cooling relief from muscular aches and pains

### - How long to use it

This treatment should be continued when there are signs of muscular aches and pains.

Consult your doctor or pharmacist if your symptoms do not improve after a period of treatment, or if you have developed skin allergic to the product.

### - If you forget to use it

Apply the Menzza Ice Gel as soon as possible and then continue the rest of your treatment as usual.

### - If you use too much (overdose)

If you use too much of this Menzza Ice Gel, consult your doctor or pharmacist. Bring any remaining Menzza Ice Gel with you.

## While you are using Menzza Ice Gel

### - Things you must do

If you are about to start taking on any other new medicine, tell your pharmacist or doctor that you are taking Menzza Ice Gel.

### - Things you must not do

This preparation should not be used on infants and is contraindicated in those with known hypersensitivity to any component in the formulation.

Do not take more than the recommended dose unless your doctor tells you to.

- Things to be careful of

For external use only. Do not apply on wounds or near eyes. Keep out of reach of children.

**Side effects**

All medicines have risks and benefits. Your pharmacist or doctor has weighed the risks of you using Menzza Ice Gel against the benefits they expect it will have for you.

Menzza Ice Gel may have unwanted side effects in some people. All medicines can have side effects. Sometimes they are serious, most of the time they are not.

The side effects possibly related to treatment have been infrequently reported: skin hypersensitivity reactions.

Stop taking the medicine if you have experience: skin sensitization or discomfort.

If you get any side effects, even those not mentioned in this leaflet, tell your 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 Menzza Ice Gel**

- Storage

**Store below 30°C. Keep in a cool dry place, protected from light. Keep out of reach of children. Keep container well closed.**

- Disposal

Dispose the medicine after the expiry date. Consult your pharmacist on how to safely

dispose of any medicines no longer required.

**Product description**

- What it looks like

Menzza Ice Gel is a light blue gel that is non-greasy and non-staining.

Menzza Ice Gel is available in 25g and 50g aluminium tubes.

- Ingredients

Active ingredient(s):  
Menthol 4.0% w/w

Inactive ingredients:  
Thymol Crystal, Carbopol, Sodium Edetate, Methyl Paraben, Propyl Paraben, Imidazolidinyl Urea, Brilliant Blue Powder, Propylene Glycol, Triethanolamine, Isopropyl Alcohol, Purified Water.

- MAL number: MAL20013589X

**Manufacturer**

HOE Pharmaceuticals Sdn. Bhd.  
Lot 10, Jalan Sultan Mohamed 6,  
Bandar Sultan Suleiman,  
42000 Port Klang, Selangor,  
MALAYSIA.

**Product Registration Holder**

HOE Pharmaceuticals Sdn. Bhd.  
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