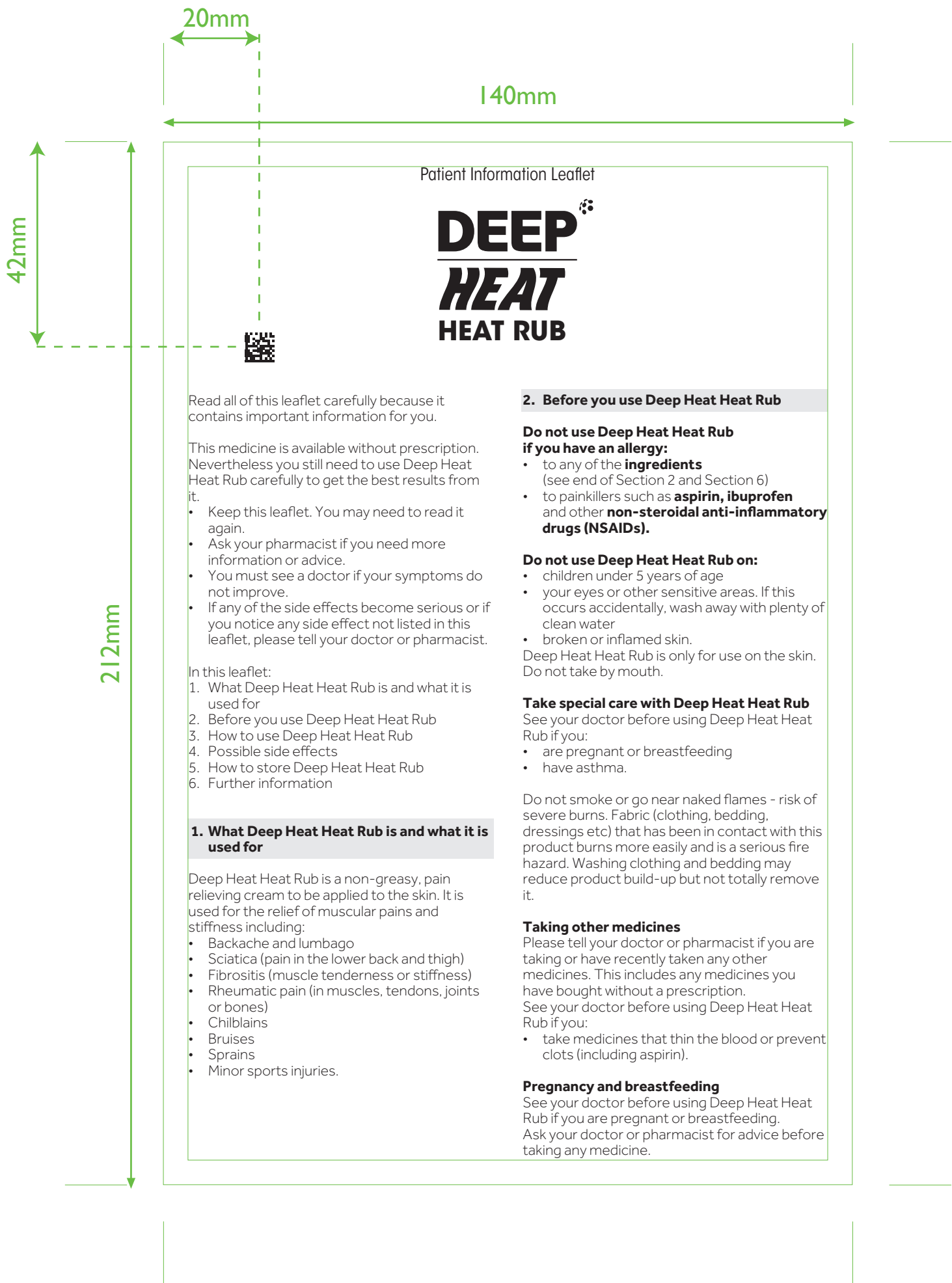



DBD ImageWorks		CHANGE CONTROL	
		CLIENT CHECKLIST	
<div><div>BLACK</div><div>CUTTER</div></div>		Packaging Type:	Leaflet
		Profile Reference:	N/A
		Dimensions:	140 x 212mm
		Substrate:	50gsm Drewson White opaque paper
		Print Process:	Litho
		Special Finishes:	N/A
		Varnish:	N/A
		Braille Text.:	N/A
		2D Pharma Code:	D4286-1
		Barcode No.:	N/A
		Bar Width Reduction:	N/A
		Minimum Point Size:	8.7pt



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		Barcode No.:	N/A
		Bar Width Reduction:	N/A
		Minimum Point Size:	8.7pt

140mm

212mm

Important information about some of the ingredients of Deep Heat Heat Rub

Deep Heat Heat Rub contains:

- **propylene glycol** which may cause skin irritation
- **wool fat (lanolin) and cetostearyl alcohol** which may cause local skin reactions (e.g. contact dermatitis).

If irritation occurs, stop using the cream and speak to your doctor or pharmacist.

3. How to use Deep Heat Heat Rub

Deep Heat Heat Rub is for adults and children over 5 years old. It can be used before or after exercise.

- Always try on a small area first
- Gently massage a thin layer of Deep Heat Heat Rub to the affected area until the cream is rubbed in
- Apply Deep Heat Heat Rub 2-3 times daily
- Always wash your hands immediately after use so that you do not transfer it to sensitive areas such as your lips or eyes. If this occurs, wash away with plenty of clean water
- If your symptoms do not improve see your doctor
- Stop using Deep Heat Heat Rub if you get excessive skin irritation or other unwanted effects.

Do not cover the skin with bandages, plasters or any other dressing. However, it is safe to cover the skin with your clothes.

If you use more Deep Heat Heat Rub than you should

If you accidentally squeeze out too much cream use a tissue to wipe off any excess.

If you or a child accidentally swallow the cream contact your doctor or hospital immediately.

If you forget to use Deep Heat Heat Rub

If you forget to use the cream apply Deep Heat Heat Rub again when you remember. Do not use the cream more than 3 times in one day.

4. Possible side effects

Like all medicines Deep Heat Heat Rub can cause side effects, although not everybody gets them.

The following effects may occur, particularly if you have sensitive skin or if you use Deep Heat Heat Rub in hot weather or after a hot bath:

- temporary skin redness
- burning sensation
- rashes
- skin burns or blisters.

Stop using Deep Heat Heat Rub and tell your doctor if you experience excessive skin irritation or other unwanted effects.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of medicines.

5. How to store Deep Heat Heat Rub

Keep out of the sight and reach of children.

Store below 25°C.

Do not use after the expiry date which is printed on the tube and carton. The 'expiry' date refers to the last day of that month.

Take any Deep Heat Heat Rub that is out of date to a pharmacist for disposal.

6. Further information

What Deep Heat Heat Rub contains

The active substances are:

- Menthol 5.91% w/w
- Eucalyptus oil 1.97% w/w
- Methyl salicylate 12.80% w/w
- Turpentine oil 1.47% w/w

The other ingredients are: sodium cetostearyl sulfate, cetostearyl alcohol, propylene glycol, wool fat (lanolin), liquid paraffin and water (see the end of section 2).

What Deep Heat Heat Rub looks like and contents of the pack

Deep Heat Heat Rub is a white cream.

Each tube contains 35, 42, 67 or 100g.

Not all pack sizes may be marketed.

Marketing authorisation holder and manufacturer:



The Mentholatum Company Limited, East Kilbride, G74 5PE, Scotland, UK.

Tel: 01355 848484

PL 00189/5002R

For any information about this product please contact the manufacturer at the above address.

This leaflet was revised in May 2023. D4286-1

DBD

Scale Guide

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cm