

PATIENT INFORMATION LEAFLET

Complementary Medicine: Health Supplement

D 34.12 Multiple substance formulation

SCHEDULING STATUS: **S0**

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

TIGER BALM® WHITE, ointment

Read this leaflet carefully before TIGER BALM WHITE is applied because it contains important information for you

TIGER BALM WHITE is available without a doctor's prescription. Nevertheless, you still need to use TIGER BALM WHITE carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share TIGER BALM WHITE with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve after two weeks.

WHAT TIGER BALM WHITE CONTAINS

TIGER BALM WHITE contains natural camphor 11,0 % w/w, levomenthol (menthol) 8,0 % w/w, cajuput oil 13,0 % w/w, dementholised mint oil 16,0 % w/w, clove oil 1,5 % w/w as well as hard paraffin and yellow soft paraffin.

WHAT TIGER BALM WHITE IS USED FOR

For the temporary relief of stuffy nose, discomfort due to mild nasal congestion, and muscle aches and pains.

BEFORE YOUR APPLY TIGER BALM WHITE

Do not apply TIGER BALM WHITE

- if you are allergic (hypersensitive) to any of the ingredients of TIGER BALM WHITE;
- if you have any sort of skin disease;
- in infants and children less than 2 years of age;
- on open wounds or on inflamed or irritated skin;
- if you have asthma or other lung diseases that can result in severe breathing difficulties.

Take special care with TIGER BALM WHITE

- Keep TIGER BALM WHITE away from mucous membranes such as the delicate and moist linings in or around the eyes, mouth and nose.
- Do not bandage areas where you have applied TIGER BALM WHITE.
- Do not inhale TIGER BALM WHITE or apply to the nose.
- Do not use TIGER BALM WHITE near the nose of babies or young children, as other similar products have been reported to cause difficulties or disturbances in normal breathing, falling unconscious or severe allergic reactions (significant fall in blood pressure and/or swelling of the voice box).

Pregnancy and breastfeeding

Safety in pregnancy and breastfeeding has not been established. Avoid excessive use during pregnancy and breastfeeding.

Always consult your healthcare professional before using medicines if you are pregnant or breastfeeding your baby.

Taking other medicines with TIGER BALM WHITE

Always tell your healthcare professional if you are taking or using any other medicine. This includes complementary or traditional medicines. Take special care when using other topical

pain-relieving products containing similar ingredients, as this may multiply the dosage effect. Consult your healthcare professional for medical advice when needed.

HOW TO USE TIGER BALM WHITE

Always apply TIGER BALM WHITE as per the following instructions (you should check with your healthcare professional, doctor or pharmacist if you are unsure).

TIGER BALM WHITE is for external use only.

Adults and children over 2 years of age: Rub gently on the affected parts of the skin as necessary, usually 2 or 3 times a day. Wash your hands after use.

Contact a healthcare professional if your condition worsens or do not improve after 2 weeks.

If you apply more TIGER BALM WHITE than you should, or swallow it

Contact your doctor or pharmacist; if neither is available, contact the nearest hospital or poison control center. In the event of an overdose, you may experience some side effects, such as skin irritation.

In case of accidental swallowing of the ointment by a child, it is important to consult your doctor or healthcare professional without delay to provide the necessary treatment. Do not try to induce vomiting.

SIDE EFFECTS

TIGER BALM WHITE can have side effects.

Not all side effects reported for TIGER BALM WHITE are included in this leaflet. Should your general health worsen or if you experience any untoward effects while using TIGER BALM WHITE, discontinue use and consult your doctor, pharmacist or other healthcare professional for advice.

Frequency not known

- Hypersensitivity reactions such as rashes or contact dermatitis. If this occurs, discontinue use and seek medical advice immediately.

- Burning pain, burns or blistering at the application site. These side effects may be serious. You may need urgent medical attention.
- TIGER BALM WHITE may cause redness or irritation of skin.

STORING AND DISPOSING OF TIGER BALM WHITE

STORE ALL MEDICINES OUT OF REACH AND SIGHT OF CHILDREN.

Store in a cool, dry place at or below 30 °C. Keep the jar tightly closed.

Do not use after the expiry date stated on the jar and the carton.

Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

IDENTIFICATION AND PRESENTATION

TIGER BALM WHITE is a whitish, oily ointment. The ointment is supplied in screw top glass jars containing 19 g or 30 g ointment. Not all pack sizes may be marketed.

REGISTRATION NUMBER

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

MANUFACTURED BY

Xiamen Tiger Medicals Co. Ltd., for Haw Par Healthcare Ltd., Singapore under licence from Haw Par Corporation Ltd.

Manufacturer's Address: No 289, West Yangguang Road, Haicang District, Xiamen City, Fujian Province, China

NAME AND ADDRESS OF THE PROPOSED HOLDER OF CERTIFICATE OF REGISTRATION

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MANNER OF GAINING ACCESS TO PROFESSIONAL INFORMATION

For Professional Information, please contact abex.regulatory@abexpharm.com.

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