

RALGEX

Muscle Rub Cream

Methyl Salicylate • Turpentine oil • Levomenthol
• Camphor • Eucalyptus oil

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.

Always use this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If any of the side effects become serious, or if you notice any side effect not listed in this leaflet (see section 4), please tell your doctor or pharmacist.
- You must talk to a doctor if you do not feel better or if you feel worse after 4 weeks.

What is in this leaflet

1. What Ralgex Muscle Rub Cream is and what it is used for
2. What you need to know before you use Ralgex Muscle Rub Cream
3. How to use Ralgex Muscle Rub Cream
4. Possible side effects
5. How to store Ralgex Muscle Rub Cream
6. Contents of the pack and other information

1. What Ralgex Muscle Rub Cream is and what it is used for

Ralgex Muscle Rub Cream is a traditional remedy for the symptomatic relief of muscular aches, pains and stiffness, including backache, lumbago and fibrositis and is also helpful as a sports rub.

You must talk to a doctor if you do not feel better or if symptoms worsen after 4 weeks.

2. What you need to know before you use Ralgex Muscle Rub Cream

Do not use Ralgex Muscle Rub Cream:

- Do not use if you are taking medication for epilepsy, unless you have spoken to your doctor or pharmacist.
- Do not use if you are pregnant or breast-feeding without prior advice from your doctor or pharmacist.
- Do not use if you are allergic to any of the ingredients.
- Use sparingly if you are taking non-steroidal – anti-inflammatory drugs (NSAIDs, such as ibuprofen).
- For external use on unbroken skin only.
- Avoid contact with the eyes, mucous membranes and inflamed or broken skin.

Other medicines and Ralgex Muscle Rub Cream

Tell your doctor or pharmacist if you are taking, have recently taken or might use any other medicines, including

- Non-steroidal – anti-inflammatory (NSAIDS, such as ibuprofen).
- Medicines obtained without a prescription.

Pregnancy and breast-feeding

Due to the absence of sufficient data, use during pregnancy, whilst breast-feeding and if you think you might be pregnant is not recommended without prior advice from your doctor or pharmacist.

Ralgex Muscle Rub Cream contains Lanolin (Wool Fat).

May cause local skin reactions (e.g. contact dermatitis).

3. How to use Ralgex Muscle Rub Cream

Always use this medicine exactly as described in this leaflet or as doctor or pharmacist has told you. Check with your doctor or pharmacist or nurse if you are not sure.

Adults, the elderly and children aged 12 and over:

Gently massage into the affected area 2-3 times daily.

Not recommended for children under 12 years old.

If you use more Ralgex Muscle Rub Cream than you should

If you accidentally squeeze out more 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 the cream comes into contact with the eyes wash thoroughly with cold water and seek medical advice.

If you forget to use Ralgex Muscle Rub Cream

If you forget to use Ralgex Muscle Rub Cream apply the cream when you remember. Do not use Ralgex Muscle Rub Cream more than 3 times in one day.

4. Possible side effects

Like all medicines, Ralgex Muscle Rub Cream can cause side effects, although not everybody gets them.

The following effects may occur;

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

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. 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. By reporting side effects you can help provide more information on the safety of medicines.

5. How to store Ralgex Muscle Rub Cream

Keep this medicine out of the sight and reach of children.

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

Do not use this medicine if you notice visible signs of deterioration.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Ralgex Muscle Rub Cream contains

Ingredient..... %w/w

Methyl Salicylate..... 9

Turpentine oil..... 7

Levomenthol..... 4

Camphor..... 2

Eucalyptus oil..... 2

The other ingredients are: Emulsifying Wax, Wool Fat, Water.

What Ralgex Muscle Rub Cream looks like and contents of the pack

Ralgex Muscle Rub Cream is a white cream available in 28g, 35g and 45g tubes or 100g jars.

Not all sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

G. R. Lane Health Products Ltd.,

Sisson Road, Gloucester, GL2 0GR, United Kingdom

Tel: +44 (0)1452 524012

Fax: +44 (0)1452 507930

Email: info@laneshealth.com

