



Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. Nevertheless you still need to use Deep Freeze Cold Gel carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms do not improve.
- If any of the side effects become serious or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What Deep Freeze Cold Gel is and what it is used for
2. Before you use Deep Freeze Cold Gel
3. How to use Deep Freeze Cold Gel
4. Possible side effects
5. How to store Deep Freeze Cold Gel
6. Further information

1. What Deep Freeze Cold Gel is and what it is used for

Deep Freeze Cold Gel is a pain relieving gel to be applied to the skin.

It is used for the relief of aches and pains of the:

- muscles
- tendons
- joints

2. Before you use Deep Freeze Cold Gel

Do not use Deep Freeze Cold Gel if you have an allergy

- to any of the **ingredients** (see end of Section 2 and Section 6)

Do not use Deep Freeze Cold Gel on:

- children under 5 years of age
- your eyes or other sensitive areas. If this occurs accidentally wash away with plenty of clean water
- broken or inflamed skin.

Deep Freeze Cold Gel is only for use on the skin. Do not take by mouth.

Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This includes any medicines you have bought without a prescription.

Pregnancy and breastfeeding

If you are pregnant or breast feeding ask your doctor or pharmacist for advice before taking any medicine.

Important information about some of the ingredients of Deep Freeze Cold Gel

Deep Freeze Cold Gel contains:

- **methyl hydroxybenzoate (E218)**
 - **propyl hydroxybenzoate (E216)**
- which may cause local allergic skin reactions (possibly delayed).

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

3. How to use Deep Freeze Cold Gel

Deep Freeze Cold Gel is for adults and children over 5 years old.

- always try on a small area first
- gently massage Deep Freeze Cold Gel to the affected area until the gel is rubbed in
- apply Deep Freeze Cold Gel 3-4 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 Freeze Cold Gel 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 Freeze Cold Gel than you should

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

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

If you forget to use Deep Freeze Cold Gel

If you forget to use the gel apply Deep Freeze Cold Gel again when you remember.

Do not use the gel more than 4 times in one day.

4. Possible side effects

Like all medicines Deep Freeze Cold Gel can cause side effects, although not everybody gets them.

The following effects may occur:

- Allergic skin reactions (possibly delayed)

Stop using Deep Freeze Cold Gel and tell your doctor if you experience excessive skin irritation or other unwanted effects.

If any side effects get severe or if you notice any side effects not listed in this leaflet please tell your doctor or pharmacist.

5. How to store Deep Freeze Cold Gel

Keep out of the reach and sight 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 Freeze Cold Gel that is out of date to a pharmacist for disposal.

6. Further information

What Deep Freeze Cold Gel contains

The active substance is:

- racemic menthol 2% w/w

The other ingredients are: isopropyl alcohol, carbomer, triethanolamine (85%), methyl hydroxybenzoate E218, propyl hydroxybenzoate E216, Patent Blue V E131 and purified water (see the end of section 2).

What Deep Freeze Cold Gel looks like and contents of the pack

Deep Freeze Cold Gel is a blue gel.
Each tube contains 35, 50 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

PA 76/5/1 PL 00189/0022

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

This leaflet was last revised May 2010.