

# DEEP RELIEF™

**PLEASE READ THIS LEAFLET CAREFULLY BEFORE YOU START TO USE THIS MEDICINE. IT CONTAINS IMPORTANT INFORMATION, WHICH YOU SHOULD KEEP FOR REFERENCE.**

## **Manufacturer of Deep Relief**

The licence holder and manufacturer of **Deep Relief** is  
The Mentholatum Company Limited, 1 Redwood Avenue, Peel Park Campus,  
East Kilbride, G74 5PE, Scotland.

## **Mode of Action**

**Deep Relief** is a clear colourless gel containing Ibuprofen (5%) and Levomenthol (3%). The dual action formulation allows rapid and concentrated absorption of the active ingredients through the skin, direct to the point of pain.

**Ibuprofen** is one of a group of medicines called non-steroidal anti-inflammatory drugs which provide effective sustained pain relief and reduce both inflammation and swelling.

**Levomenthol** acts as a counter-irritant providing an immediate soothing sensation to calm the pain. The result of this combination is immediate pain relief which lasts for hours.

Each tube contains 15, 30 or 50g; also available in a pump action dispenser containing 50g.

## **Ingredients**

Active ingredients:	Ibuprofen	50mg/g
	Levomenthol	30mg/g

Other ingredients: propylene glycol, carbomer, di-isopropanolamine, ethanol and water.

## **Indications**

Relief of rheumatic pain, muscular aches, pains and swellings such as strains, sprains and sports injuries.

## **Precautions in use**

### **1. Do not use the product if:**

- You are allergic to ibuprofen, aspirin or any of the ingredients in **Deep Relief**.
- You have asthma and know that aspirin or non-steroidal anti-inflammatory drugs may bring on an asthma attack, rhinitis, itching or rashes.
- You are pregnant or think you may be pregnant.

### **2. Do not apply to the following areas:**

- Lips, nostrils, eyes, genital or anal areas, mucous membranes, broken or inflamed skin.
- If this occurs accidentally, wash away with plenty of clean water.

### **3. Consult a doctor or pharmacist before use in the following cases:**

- History of allergic symptoms caused by medicines or cosmetics (eg rashes/itching etc.).
- If you have a kidney problem.
- If you are taking aspirin or any other medicine.
- You are a mother currently breast feeding.

#### 4. Precautions prior to use

- Do not exceed the stated dosage.
- Do not use on children under 12 years old.
- If a serious condition develops or any unwanted effects are seen consult your doctor.
- This medicine is for external use only. Do not take orally.

#### 5. Directions for use

- For adults and children over 12 years, apply the gel as a thin layer over the affected area. For each application, use about 1-4cm if using the 30 or 50g size and use 4-10cm if using the 15g size.
- Gently massage until the gel is absorbed. You will notice a tingling sensation.
  - Repeat these steps up to 3 times a day but no more. Do not repeat more frequently than every 4 hours.
- Unless treating the hands always wash your hands after use. Replace the cap tightly.
- Do not exceed the stated dose.

#### 6. Cautions after use

- If you swallow the gel, contact your doctor or nearest casualty department immediately.
- If the pain or swelling continues after using the gel for two weeks consult your doctor.
- Do not cover the skin with bandages, plasters or any other dressing. It does not matter if you cover the skin with your clothes.

#### 7. Side effects

- Sometimes unwanted effects can occur in some people.
- A slight redness and tingling may occur where you have applied the gel. This is not a cause for concern.
- However, if this gets worse or if you experience any of the following, stop using the medicine immediately and tell your doctor: unexplained wheezing, shortness of breath, skin rash, itching, bruising, or facial swelling.
- Stomach pains or indigestion may rarely be noticed.
- If this is a concern, or you experience any other effects, you should speak to your doctor or pharmacist.

#### 8. Storage and handling

- **Keep all medicines out of the reach of children.**
- Close the cap tightly and store in a cool place (not above 25°C).
- Do not use the product after the expiry date (printed on the container).

PATIENT RESPONSE	INGREDIENTS AND ACTION
<b>PROBLEM</b> Pain caused by strains, sprains and muscular injury <i>Immediate pain</i>	← Levomenthol (Counter-irritant) warming and soothing for fast relief from pain
<b>PROBLEM</b> Pain due to rheumatic conditions <i>Aching pain</i>	← Ibuprofen Penetrates to the site of pain providing relieving analgesic
<b>PROBLEM</b> Inflammation and swelling at the site of injury <i>Inflammation</i>	← Ibuprofen Inhibits the process of inflammation, reducing swelling

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