

- ! Do not put drops directly into nose or mouth. If Olbas Oil is accidentally swallowed, seek immediate medical advice.
- ! If Olbas Oil comes into direct contact with the surface of the eye, wash thoroughly and seek immediate medical advice.
- ! Avoid contact with plastic and other delicate materials.

4. Possible side effects

Like all medicines, Olbas Oil can cause side effects, although not everybody gets them.

You may notice any of the following mild side effects if the oil comes into contact with skin:

- hypersensitivity reactions such as skin rash
- stinging sensation which lasts only a short while.

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.

5. How to store Olbas Oil

Store safely out of the reach and sight of children.

Do not use Olbas Oil after the expiry date which is stated on the packaging.

Do not store above 25°C.

Do not use if cap seal is broken or if fitted plastic dropper is missing from bottle neck.

6. Further information

What Olbas Oil contains

The active substances (w/w) are:

Cajuput Oil.....	18.5%
Clove Oil.....	0.1%
Eucalyptus Oil.....	35.45%
Juniper Berry Oil.....	2.7%
Levomenthol.....	4.1%
Methyl Salicylate.....	3.7%
Mint Oil, Partly Dementholised.....	35.45%

What Olbas Oil looks like and contents of the pack

Olbas Oil is a pale green, transparent inhalation vapour liquid. It is available in bottles containing 10ml, 15ml and 28ml.

Marketing Authorisation Holder and Manufacturer:

G. R. Lane Health Products Limited,
Sisson Road, Gloucester; GL2 0GR, United Kingdom.
Tel: +44 (0)1452 524012
Email: olbasoil@laneshealth.com



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

This medicine is available without prescription. However, you still need to use Olbas Oil 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 contact a doctor if your symptoms worsen or do not improve after 7 days.
- 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 Olbas Oil is and what it is used for
2. Before you use Olbas Oil
3. How to use Olbas Oil
4. Possible side effects
5. How to store Olbas Oil
6. Further information

1. What Olbas Oil is and what it is used for

Olbas Oil is a blend of pure plant oils for the relief of bronchial and nasal congestion, hayfever and minor infections of the airways by inhalation. When applied to the skin, Olbas Oil also relieves the symptoms of muscular pain and stiffness including:

- backache
- sciatica
- lumbago
- fibrositis (pain, stiffness and tenderness of muscles, tendons and joints)
- rheumatic pain.

2. Before you use Olbas Oil

Do not use Olbas Oil:

- if you are allergic to any of the ingredients (see section 6 for a complete list of ingredients)
- on broken skin.

Taking other medicines

Please tell your doctor or pharmacist before using Olbas Oil if you are taking or have recently taken any other medicines, including:

- blood thinning tablets (e.g. warfarin) (if intending to use **on** your skin)
- medicines obtained without a prescription.

Pregnancy and breast-feeding

It is best not to take any non-essential medication when pregnant or breast-feeding. Ask your doctor or pharmacist for advice before taking any medicine.

3. How to use Olbas Oil

For inhalation and external use on unbroken skin only.

ASAN INHALANT:

to clear painful sinuses and relieve nasal congestion.

Using with a tissue:

Adults and children aged 12 and over:	
Day:	Add 2 or 3 drops to a tissue and inhale the vapours.
Night:	Add 2 or 3 drops to a tissue and leave it inside a pillowcase to inhale throughout the night.

Children aged 2 and over:

Day:	Add 2 or 3 drops to a tissue and hold close to, but not touching , the child to allow child to breathe in vapours.
Night:	Add 2 or 3 drops to a tissue and place in the bedroom out of the child's reach to inhale throughout the night.

Children aged 3 months to 2 years:

Day:	Add 1 drop to a tissue and hold close to, but not touching , the child to allow child to breathe in vapours.
Night:	Add 1 drop to a tissue and place in the bedroom out of the child's reach to inhale throughout the night.

Children under 3 months: Not recommended.

! Avoid direct contact with the child's skin and clothing.

Using with hot water:

Adults and children aged 12 and over:

Day:	Add 2 or 3 drops to hot water and inhale the vapours.
Night:	Add 2 or 3 drops to hot water and leave in the bedroom to inhale throughout the night.

Children aged 2 and over:

Day:	Add 2 or 3 drops to hot water and allow child to breathe in vapours. Or leave in the room out of the child's reach to inhale the vapours.
Night:	Add 2 or 3 drops to hot water and leave in the bedroom out of the child's reach to inhale throughout the night.

Children under 2 years: Not recommended.

! Hot water may scald. Keep out of the reach of children.

! Close supervision is necessary with young children.

ASA RUB:

to relieve muscular pain.

Adults and children aged 12 and over:

Apply with gentle massage to the painful area three times daily.

Children under 12 years: Not recommended.