



5. How to store Olbas Oil

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 the bottle label, as "EXP" and refers to the last day of the stated month.

Do not store above 25°C.

Store in the original container with the cap tightly closed.

Do not use if cap seal is broken or missing.

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 Olbas Oil contains

The active substances (w/w) are:

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

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, 12ml, 28ml and 30ml.

Marketing Authorisation Holder:

LanesHealth (Ireland) Limited,
Suite 7, The Courtyard, Carmanhall Road,
Sandyford, Dublin 18, D18 NW62, Ireland.
Email: olbasoil@laneshealth.com



Manufacturer (EU QP Release Site):

Elara Pharmservices Europe Limited,
239 Blanchardstown Corporate Park,
Ballycoolin, Dublin, D15 KV21, Ireland.

This leaflet was last revised in October 2023

3010-05



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, pharmacist or nurse has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See Section 4.
- You must talk to a doctor if you do not feel better or if you feel worse.

In this leaflet:

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

3010-05 Eire Olbas PIL

Date: 23/10/23

Amends author: KS

Brief Description:

Size: 150mm x 210mm

Colours:



Pantone 335





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

Olbas Oil contains the active substances (w/w) Cajuput Oil 18.5%, Clove Oil 0.1%, Eucalyptus Oil 35.45%, Juniper Oil 2.7%, Levomenthol 4.1%, Methyl Salicylate 3.7% and Mint Oil, Partly Dementholised 35.45%.

Olbas Oil is a blend of pure plant oils for the relief of nasal congestion by inhalation in adults and children aged 5 years and above. When applied to the skin, Olbas Oil also relieves the symptoms of muscular pain and stiffness including:

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

2. What you need to know before you use Olbas Oil

Do not use Olbas Oil:

- if you are allergic to any of the ingredients (listed in Section 6)
- on broken skin.

Warnings and precautions

Talk to your doctor if you do not feel better or if you feel worse.

Children

Do not give this medicine to children under the age of 5 years.

Other medicines and Olbas Oil

Tell your doctor or pharmacist if you are taking, have recently taken, or might take any other medicines, including medicines obtained without a prescription.

Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

3. How to use Olbas Oil

For inhalation and external use on unbroken skin only.
Not recommended for children under the age of 5 years.

ASAN INHALANT:

to clear painful sinuses and relieve nasal congestion.

Using with a tissue:

Adults and children aged 5 years and over:

Add 2 or 3 drops to a tissue and inhale the vapours.

Using with hot water:

Adults and children aged 5 years and over:

Add 2 or 3 drops to hot water and inhale the vapours.

- ! Hot water may scald. Keep out of the reach of children.
- ! Close supervision is necessary with children.

ASA RUB:

to relieve muscular pain.

Apply lightly to the painful area three times daily.

- ! Do not put drops directly into nose or mouth. If Olbas Oil is accidentally put into the nose or swallowed, seek immediate medical advice as it can be harmful.
- ! If Olbas Oil comes into direct contact with the surface of the eye, wash thoroughly and seek immediate medical advice as it can be harmful. See instructions above for more information on how to use the product correctly.
- ! Avoid contact with plastic and other delicate materials.

It is very important to always use this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

How to open the bottle with the child resistant cap

Push down on the cap and turn counter clockwise (to the left), as shown on the right. Then pull the cap off.



4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. Possible side effects may include burns at the application site, frequency not known.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPRA Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: www.hpra.ie; E-mail: medsafety@hpra.ie.

By reporting side effects you can help provide more information on the safety of this medicine.

