



## Japanese Herbal Oil

Active ingredient: 100 % essential mint oil  
Intended for use in adults and adolescents from 12 years

**Read the entire information leaflet carefully before taking this medicinal product; it contains important information for you.**

Always take this medicinal product exactly as described in this leaflet or as your doctor, pharmacist or healthcare professional has told you.

- Keep this leaflet for future reference. You may want to read it again later.
- Ask your pharmacist if you need more information or advice.
- If you notice any side effects, contact your doctor, pharmacist or healthcare professional.  
This also applies to side effects not listed in this leaflet. See section 4.
- If you do not feel better or even worse after 7 days, contact your doctor.

**This information leaflet contains:**

1. What are Japanese Herbal Oil and what are they used for?
2. What must I be aware of before taking Japanese Herbal Oil?
3. How should Japanese Herbal Oil be used?
4. What are the possible side effects?
5. How should Japanese Herbal Oil be stored?
6. Additional information

**1. WHAT IS JAPANESE HERBAL OIL AND WHAT IS IT USED FOR?**

Plant-based gastrointestinal treatment / product to treat respiratory problems / ointment for muscular pain and nerve pain-like disorders.

**Areas of application:**

**Internal use for:** flatulency; functional stomach, intestinal and gall complaints; catarrhs in the upper air passages.

**External use for:** muscular pain and neuralgia-type complaints; catarrhs in the upper air passages.

**2. WHAT MUST I BE AWARE OF BEFORE USING MINT OIL?**

**Japanese Mint Oil must not be used:**

- if you are allergic to mint oil
- on babies and small children under the age of 2 years (risk of laryngospasm)
- in the case of occlusion of the biliary tract, inflammation of the gall bladder, acute liver damage.
- externally in infants over 2 years of age in the area of the face, especially around the nose.

**Warnings and special care should be taken with Japanese Herbal Oil:**

Please talk to your doctor or pharmacist or healthcare professional before taking Japanese Herbal oil. In case of gallstone disease, use only after consulting a doctor.

**Please note the following when taking Japanese Herbal Oil alongside other medicinal products:**

Please inform your doctor or pharmacist if you take, or have recently taken, other medicinal products if they are non-prescription medicinal products.

**Pregnancy, breast-feeding and fertility**

If you are pregnant or breast-feeding, or if you suspect you may be pregnant or intend to become pregnant, ask your doctor or pharmacist for advice before taking this medicine.

**3. HOW SHOULD JAPANESE HERBAL OIL BE USED?**

Always take this medicine exactly as described in this leaflet or as your doctor, pharmacist or healthcare professional has told you. Check with your doctor, pharmacist or healthcare professional if you are not sure.



Recommended dose: 1-3 x daily 2 drops are taken on a piece of sugar or in a glass of warm water.  
For inhalation: 3-4 drops are added into a bowl of hot water  
For external rub a few drops of Japanese Herbal Oil on the skin of affected area.

**How to take the medicine:** Use orally, for inhalation and for rubbing into the skin

**How long to take the medicine for:**

Consult a doctor in the case of acute complaints that last longer than one week or recur periodically.

If you have any further questions about this medicine, ask your doctor or pharmacist.

**4. WHAT ARE THE POSSIBLE SIDE EFFECTS?**

Like all medicinal products, this medicinal product can cause side effects, although not everybody gets them. Sensitive persons may experience stomach problems.

In appropriately sensitised patients, hypersensitivity reactions (including respiratory distress) may be triggered by Japanese herbal oil. Mint oil may cause laryngospasm in infants and children up to 2 years of age, resulting in severe breathing difficulties.

**Reporting of side effects:**

If you notice any side effects, contact your doctor, pharmacist or healthcare professional. This also applies to any side effects not listed in this information leaflet. You can also report side effects directly to the Federal Institute for Drugs and Medical Devices, Department of Pharmacovigilance, Kurt-Georg Kiesinger Allee 3, D-53175 Bonn, Website: [www.bfarm.de](http://www.bfarm.de). By reporting side effects you can help provide more information on the safety of this medicine.

**5. HOW SHOULD JAPANESE HERBAL OIL BE STORED?**

Keep all medicines out of the reach and sight of children.

Do not take the medicinal product if the "use by" date on the receipt or carton has expired. The use by date relates to the last day of the month in question.

Keep out of direct sunlight, seal tight and do not store above 25 °C.

Never dispose of medicines in the waste water (e.g. the toilet or sink). Ask your pharmacy how to dispose of the medicine when you are no longer using it. By doing so, you are helping to protect the environment. You can find more information at [www.bfarm.de/arzneimittelentsorgung](http://www.bfarm.de/arzneimittelentsorgung).

**6. Contents of the pack and further information**

**1 ml essential oil contains:**

**Active substance:** 1 ml mint oil.

**Available packaging size:**

Japanese Herbal Oil is available in packs with 30 ml essential oil.

**This information leaflet was last updated in November July 2021.**

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For risks and side effects please read the package insert and ask your physician or pharmacist.