

## What is Biofreeze?

Camphor is a mild topical (for the skin) pain reliever. Menthol is either manmade or made from the extracts of mint oil. Menthol provides a cooling sensation when applied to the skin. Camphor and menthol is a combination medicine used to relieve minor muscle or joint pain.

## What should I know about Biofreeze?

Use and store this medication only as directed. Follow all directions on your medicine label and packaging. If this medication gets in your eyes, nose, or mouth, rinse with water. Do not use on irritated skin. Do not cover treated skin with a bandage or expose it to heat. Do not apply the medicine within 1 hour before or 30 minutes after you take a bath or shower.

## What should I discuss with my healthcare provider before using Biofreeze?

Ask a doctor or pharmacist if it is safe for you to take this medicine if you have sensitive skin. Do not use this medication without medical advice if you are pregnant or breast-feeding a baby. Do not use this medicine on a child younger than 12 without medical advice.

## How should I take Biofreeze?

Use exactly as directed on the label, or as prescribed by your doctor. Do not use in larger or smaller amounts or for longer than recommended. Wash your hands before and after applying this medicine. Do not use on sunburned, windburned, dry, chapped, irritated, or broken skin. Do not cover treated skin with a bandage or expose it to heat from a hot tub, heating pad, or sauna. Do not apply the medication within 1 hour before or 30 minutes after you take a bath or shower. Store at room temperature. Keep the medicine tube tightly capped when not in use. For your first use, apply only to a small skin area to test how your skin reacts to the medicine. Camphor and menthol can cause a burning or cold sensation, which is usually mild and should lessen over time with continued use. If this sensation causes significant discomfort, wash the skin with soap and water.

## What happens if I miss a dose?

Since camphor and menthol is used when needed, you may not be on a dosing schedule. If you are using the medication regularly, use the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose. Do not use extra medicine to make up the missed dose.

## What happens if I overdose?

An overdose of camphor and menthol is not expected to be dangerous. Seek emergency medical attention or call the Poison Help line at 1-800-222-1222 if anyone has accidentally swallowed the medication.

## Biofreeze side effects?

Get emergency medical help if you have any of these **signs of an allergic reaction**: hives; difficult breathing; swelling of your face, lips, tongue, or throat. Stop using and call your doctor at once if this medicine causes severe burning, stinging, or skin irritation. This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

## What other drugs will affect Biofreeze?

It is not likely that other drugs you take orally or inject will have an effect on topically applied camphor and menthol. But many drugs can interact with each other. Tell each of your health care providers about all medicines you use, including prescription and over-the-counter medicines, vitamins, and herbal products.

## Where can I get more information?

Discontinue use and speak with your doctor or pharmacist if you have any questions. Additional product information can be found at <http://www.biofreeze.com> or by calling Biofreeze at 1-800-246-3733.