

UK Product Name	Inhalation oil (MA634)	Code Name	MA0634
Availability	Stock item in UK		
Description	Helps maintain clear airways & comfort of forehead, joints & muscles		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/drop)
Cinnamomum camphora (Lin	Camphor	leaf oil	1	40	40.0
Trachyspermum ammi (Linn.	Ajowain	fruit oil	2	20	20.0
Mentha piperita	Peppermint	leaf oil	2	20	20.0
Syzygium aromaticum (Linn.)	Clove	flower bud oil	4	5	5.0
Foeniculum vulgare ssp capill	Bitter fennel	seed oil	4	5	5.0
Eucalyptus globulus Labill.	Blue Gum	leaf oil	4	5	5.0
Cinnamomum zeylanicum Bl	Cinnamon	bark oil	4	5	5.0

Contraindications/Precautions	Avoid contact with eyes & lips. Dilute in a fixed oil (e.g. almond or olive) before applying to young or sensitive skin. Take not more than 6 drops/day internally.
Over dose and its Management	An intake of 2 times more than the recommended dose is generally well tolerated. In case of intake more than this discontinue for one day. In case of discomfort consult your health advisor.
Side Effects and Interactions	None known

Usage

Age Group	All
Dosage Form	500mg tablet
Method of Use	For inhalation: Put 1-4 drops in boiling hot water, cover head and inhale or put a few drops on a handkerchief or on your pillow at night. For external application on chest, joints and muscles: rub on the affected area. Do not apply to broken or diseased skin. The benefit to joints and muscles will often be enhanced by applying a hot water bottle or other warm object wrapped in a cloth to the area for a few minutes afterwards. For the forehead: apply one or two drops to forehead or temples. (Use internally only under supervision).
How Long to Continue Use?	As recommended in the General Information leaflet.
Specific Dietary/Lifestyle Advice	

Presentation

Presentation	10ml in a amber glass bottle with dropper
Net Weight grams	
Storage	Store in a cool, dry, dark place, tightly closed
Shelf Life (months)	36

Regulatory Status	General
--------------------------	---------