

Dear Patient!

Please read this information on use carefully, because it contains important information you should be aware of when using this medical drug product. Please consult your physician or pharmacist if you have any questions concerning this product.

Active substance

Peppermint oil

Composition

100.0 ml China-Oel contain the pharmacologically active component 100.0 ml peppermint oil.

Form of administration and contents

Ethereal oil, 10, 25 and 100 ml.

Herbal drug for use in treatment of digestive problems, catarrhs of the upper respiratory tract, and externally in treatment of muscle or nerve pain.

Pharmaceutical manufacturer:



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Indications

For internal use in treatment of spasmodic symptoms in the bile ducts and gastrointestinal tract, for internal use or inhalation in treatment of colds affecting the upper respiratory tract, for external use in treatment of muscle pains (myalgias) and symptoms similar to neural pain (neuralgiform) symptoms. Consult a physician if symptoms persist for longer than one week or recur periodically.

Counterindications

In what cases should China-Oel not be used?

Do not use China-Oel internally in case of bile duct occlusion, gallbladder inflammation or severe liver damage.

In what cases should China-Oel be used only after consulting a physician?

Descriptions of cases follow in which China-Oel should only be used under certain conditions and accompanied by special precautions. Please consult your physician in such cases. This also applies if these symptoms or ailments have occurred sometime in the past. In persons suffering from gallstones, this medical drug product should only be taken after consulting a physician.

What should you watch out for during pregnancy and the breastfeeding period?

On the basis of widespread use of peppermint oil as a flavouring substance and orientational animal model studies, no risks arising from use during pregnancy or the breastfeeding period are known to date.

What precautions are necessary regarding infants and small children?

In infants and small children (preschool children) peppermint oil should not be used in the facial area, in particular around the nose, or for inhalation, since this may induce asthma-like conditions.

The study data on use of this medical drug product in children with digestive disorders is insufficient, so that children under 12 years of age should not take it.

Precautionary measures related to use and warnings

What precautionary measures are required?

In external applications, wash hands thoroughly after use. By this means, accidental contact of peppermint oil with sensitive places on the body such as mucosa and open wounds, or with the eyes, can be avoided.

What precautions are required in road traffic or when working with machines or unsecured at dangerous heights?

China-Oel has no negative influence on reactions in traffic or when working with machines or unsecured at dangerous heights.

Interactions

Can other medications influence the effect of China-Oel or be influenced by it?

No interactions with other medications are known.

Dosage and application

The following information applies unless otherwise prescribed by your physician. Please comply with the instructions for use, since otherwise China-Oel cannot take effect properly.

How much China-Oel should you take, and how often?

Internal use:

Average daily dose 6 to 12 drops, i.e. 2–3 times a day 3–4 drops.

For inhalation:

3–4 drops in approx. 300 ml hot water, 2–3 times a day.

External use:

Rub several drops into the affected skin area.

When and how should you use China-Oel?

Colds affecting the upper respiratory tract:

3 drops in hot water, inhale vapours with eyes closed – and drink 2–3 drops in hot water in successive swallows. Rub small amounts into chest, neck and back of neck.

Spasmodic symptoms in the bile ducts and gastrointestinal tract:

Drink 3–4 drops in half a glass of warm water on an empty stomach.

Muscle pains (myalgias):

Rub (massage) several drops into the painful areas, then keep warm with cotton wool or a wool cloth.

Symptoms similar to neural pain (neuralgiform):

Rub several drops into the painful areas thoroughly. For neuralgiform symptoms in the head area, thoroughly rub several drops into the forehead, temples and back of the neck. Subsequent application of small amounts of cold water increases the effect.

Application errors and overdose

China-Oel should not come into contact with eye mucosa.

What must be done in case China-Oel has been used in excessive amounts (intentional or accidental overdose)?

Ingestion of large amounts of ethereal oils may lead to abdominal pain, nausea and vomiting. In severe cases, intoxication, numbness, cardiac disturbances or dyspnoea may result.

The literature describes cases in which intake of 8–9 g of menthol, the main component of peppermint oil (equivalent to about 18 ml peppermint oil) caused only nausea and a cold sensation. Since, however, the literature also describes intoxications in sensitive persons in particular caused by only 2 g of menthol (equivalent to about 1 teaspoon of peppermint oil), a physician should be informed in every case of possible intoxication with China-Oel. The physician will then take the proper measures. No specific antidotes are known; milk and alcoholic beverages are contraindicated, since they can increase the uptake of ethereal oils. Excessive inhalation may induce coughing, which then ceases immediately when inhalation is discontinued.

» Side effects

What side effects can occur when China-Oel is used?

Stomach malaise may occur in sensitive persons after intake. External application may induce a burning sensation and skin reddening, which symptoms abate when the oil is rinsed off thoroughly with water.

In rare cases, peppermint oil may also induce allergic skin reactions. In such cases, treatment with the oil must be discontinued and a physician must be consulted.

If you observe side effects not listed in this package leaflet, please inform your physician or pharmacist.

Information concerning the stability period (expiry date) of this medical drug product

The expiry date for this package is printed on the label and on the folding carton. Do not use the product in this package after the expiry date! China-Oel will keep for at least 20 months after the bottle has been opened.

Store medicines out of reach of children.

Status of information: 09.2008

Always keep the bottle in the outer carton, protected from exposure to light.

Interesting information about China-Oel

China-Oel – pure peppermint oil from BIO-DIÄT-BERLIN – is the ethereal oil derived from the freshly harvested, blossoming above-ground parts of *Menthae x piperitae* L. by means of water steam distillation.

BIO-DIÄT-BERLIN have defined internal company standards to ensure the quality of China-Oel, which standards are more stringent than required by law. This extra care guarantees that the product you buy is a herbal medicine manufactured by BIO-DIÄT-BERLIN in harmony with nature.

Application of method ensures that you get a herbal medicine that has been proven over many decades, one that is highly effective and well tolerated.

Because China-Oel is a natural herbal medicine, variations in odour, taste and colour may occur depending on the harvesting time, climatic conditions and where the herb is grown.

These natural variations do not, however, indicate defective quality, but rather demonstrate the natural nature of this product and have no effect on its efficacy and tolerance.

Get well soon!

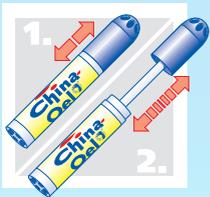


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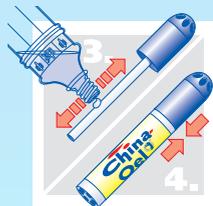
- ! Please pay attention that a new bottle needs some seconds until the liquid runs out.
- Keep bottle in an **upright** position.

Do not shake!

Instructions for use of the China-Oel Inhalator:



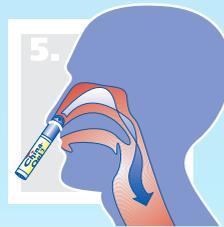
1. Remove the blue upper section of the cap to open the China-Oel Inhalator.



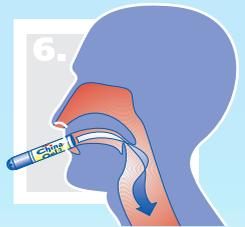
2. Pull out the upper section of the cap together with the absorbent fleece.

3. Distribute 2–3 drops of China-Oel along the fleece tube.

4. Replace the upper section of the cap together with the absorbent fleece in the lower section of the inhalator and close it.



5. Treatment of the nasal cavity: Insert the **blue side** into each nostril and breathe through the **nose** vigorously.



6. Treatment of the throat: Insert the **white side** of the inhalator into the **mouth** and breathe deeply.

Interesting information about the China-Oel Inhalator

The China-Oel Inhalator is used for inhalation of China-Oel. Inhalation brings the China-Oel into contact with the nasal and oral mucosa and deep inhalation introduces it into the upper respiratory tract, where it can then unfold its pharmacological effect.

Care and cleaning of the China-Oel Inhalator:

After using the China-Oel Inhalator, wipe off the outside of the device with a clean cloth and store it in the original package!

Travelling with the China-Oel Inhalator:

The advantage of the China-Oel Inhalator is that the application of the China-Oel is possible anywhere and anytime, e.g. at the office, in the theatre or car or while travelling. The inhalator is simple and easy to use and can be refilled with 2–3 drops of China-Oel.

Important:

Insert the inhalator only about 1 cm into the nasal openings or mouth. Do not swallow it! Store out of reach of children! Take precautions to make sure China-Oel does not get into the eyes when applying drops of it to the fleece tube!