



Friars' Balsam

(storax, benzoin)

Important information about Friars' Balsam

- This medicine can be inhaled to relieve the symptoms of colds.
- It can also be applied to the skin as a mild antiseptic dressing.
- It can be used by adults and children over 3 months.

Do not....

- Take by mouth. See section 3.
- Use on children under 3 months as an inhalant.
- Highly flammable. Keep away from naked flames.

Now read the rest of the leaflet before you use this medicine. It includes other information which might be especially important for you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need any more information or advice.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

1. What the medicine is for

Friars' Balsam contains benzoin which acts as a decongestant for the relief of cold symptoms. It also has antiseptic properties.

2. Before you use this medicine

Do not use the medicine if you or your child have....

- An **allergy** to any of the ingredients listed in section 6.
- Or for a **child under 3 months** as an inhalant.

Pregnant or breastfeeding....

Ask your doctor or pharmacist for advice before using this medicine if you are pregnant, might be pregnant or are breastfeeding. Using Friars' Balsam as directed is not likely to cause any ill effects.

3. How to use this medicine

For colds by inhaling the vapour.

Adults, the elderly and children over 3 months

- Add one 5ml spoonful to 568ml (1 pint) of hot (not boiling) water and inhale the steamy vapour.
 - Repeat after 4 hours if required.
- See section 6 for advice on containers to use.

Children under 3 months

Do not use for children under 3 months as an inhalant unless your doctor tells you to.

As an antiseptic apply it to the skin.

Adults, the elderly and children

- Apply undiluted to the affected area twice a day.

FOR EXTERNAL USE ONLY.

If you swallow some

If you accidentally swallow some see a doctor straight away. Take the pack with you to show which medicine you have swallowed.

4. Possible side effects

Like all medicines Friars' Balsam can have side effects, although these don't affect everyone.

Possible side effects are:

- Allergic skin reactions, such as itching, rashes or eczema may occur.
- Frequent application to the skin may cause dryness and irritation.

If you notice these or any other side effects, stop use and tell your doctor or pharmacist. They will tell you what to do.

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 the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard.

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

Turn over ↗

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5. Storing this medicine

- Keep it out of the sight and reach of children.
- Do not store above 25°C.
- Do not use after the expiry date shown on the carton. The expiry date refers to the last day of that month.
- Medicine should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of any unused medicine. These measures will help to protect the environment.

6. Further information

What is in this medicine

The active ingredients are: prepared storax 10% w/v, benzoin sumatra 10% w/v.

The other ingredients are: aloes, ethanol and purified water.

What the medicine looks like

Friars' Balsam is a dark brown liquid which smells of alcohol.

It is supplied in 50ml bottles.

Which containers are best to use for diluting Friars' Balsam

Dilute the balsam as described in section 3 (How to use this medicine) using a small bowl of the type normally found in most kitchens. The use of a stainless steel or glass bowl is recommended whenever possible. Plastic containers are not suitable and may become irreversibly stained by the product. Residues on steel or glass can normally be removed using neat detergent and warm water, or methylated spirit.

Marketing authorisation holder and manufacturer

L.C.M. Ltd., Huddersfield, HD7 5QH, UK.

This leaflet was revised in August 2014

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