



## PATIENT INFORMATION LEAFLET

### INFORMATION FOR THE USER

#### Care Tea Tree Oil 100%

Read all of this leaflet carefully before you start using this product because it contains important information for you. Care Tea Tree Oil 100% is available without a prescription. You still need to use it carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist or qualified healthcare practitioner if you need more information or advice.
- If you have a serious reaction or get any side effects, talk to your doctor or pharmacist. This includes any side effects not listed in this leaflet. See section 4.
- If your symptoms persist or worsen during use of the product, you must contact a doctor, pharmacist or qualified healthcare practitioner.

In this leaflet:

1. What Care Tea Tree Oil 100% is and what it is used for?
2. What you need to know before you use Care Tea Tree Oil 100%
3. How to use Care Tea Tree Oil 100%
4. Possible side effects
5. How to store Care Tea Tree Oil 100%
6. Contents of the pack and other information

#### 1. What Care Tea Tree Oil 100% is and what it is used for?

Care Tea Tree Oil 100% is a traditional herbal medicinal product containing tea tree oil. It is used for the following conditions:

- Treatment of small superficial wounds, insect bites, small boils (furuncles) and mild acne.
- Symptomatic treatment of minor inflammation of the lining of the mouth.
- The relief of itching and irritation in cases of mild athlete's foot.

The use of the product is based on traditional use only.

Care Tea Tree Oil 100% is for use in adults, the elderly and children over 12 years and older. This product is only for you. Do not give it to anyone else, even if it sounds as though they have the same problem as you. It may harm them.

#### 2. What you need to know before you use Care Tea Tree Oil 100%

##### Do not use Care Tea Tree Oil 100%

- If you have ever experienced an allergic reaction to any tea tree oil product or colophony (also known as rosin, derived from pine balsam).
- On children under 12 years of age.
- In the eyes or ears.

##### Warnings and Precautions

For use on the skin or diluted before use as a mouth rinse or gargle only.

Do not swallow or inhale this product.

If you develop a rash whilst using this product, discontinue use.

If your symptoms worsen, or do not improve as mentioned below, see your doctor.

##### A) For the treatment of small superficial wounds and insect bites

If fever or signs of worsening skin infection

are seen, such as swelling, redness, pain or pus forming in the affected area, talk to your doctor or qualified healthcare practitioner. If symptoms worsen, or last for more than one week during the use of this product, talk to your doctor or qualified healthcare practitioner.

##### B) For the treatment of small boils (furuncles) and mild acne

In cases of severe acne, a doctor or qualified healthcare practitioner should be seen. If not treated adequately, acne may cause scarring. If you have widespread redness, oozing or infected skin sores, infected or inflamed spots, if the skin is broken, or if the affected area has suddenly become inflamed, do not use this product and see your doctor or qualified healthcare practitioner. If symptoms worsen or persist, see your doctor or qualified healthcare practitioner.

##### C) For the relief of itching and irritation in mild athlete's foot

To completely stop fungal infections, a doctor or qualified healthcare practitioner should be seen. If symptoms worsen, or persist during the use of this product, see your doctor or a qualified healthcare practitioner.

##### D) For the treatment of minor inflammation of the lining of the mouth

Do not swallow this product. If the symptoms worsen, or last for more than five days during the use of this product, see a doctor or a qualified healthcare practitioner.

#### Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or trying for a baby, you should ask your doctor, pharmacist or qualified healthcare practitioner for advice before use.

#### 3. How to use Care Tea Tree Oil 100%

For use in adults, the elderly and children 12 years and older. Do not use on children under 12 years of age.

Do not use more than the leaflet tells you to.

For use on the skin or diluted before use as a mouth rinse or gargle only.

Always use this medicine exactly as described in this leaflet.

If you have any further questions about this product, ask your doctor, pharmacist or qualified healthcare practitioner.

How often to apply and for how long depends upon the use; see below for more details.

#### Recommended dose for adults, the elderly and children 12 years and older:

##### Use on the skin:

##### A) For the treatment of small superficial wounds and insect bites

Dab 1 to 3 drops of the product onto the affected area using a cotton bud 1 to 3 times daily. If the symptoms get worse, or last for more than one week during use of this product, see your doctor or qualified healthcare practitioner.

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##### B) For the treatment of small boils (furuncles) and mild acne

Stir 25 to 30 drops of the product into 100 ml of lukewarm water, put onto a suitable material such as a piece of gauze then apply as a dressing to the affected areas of the skin.

OR  
Undiluted product can be applied to the boil using a cotton bud 2 to 3 times daily.

Do not use for more than one month. If the symptoms get worse, or continue during the use of this product, see your doctor or qualified healthcare practitioner.

##### C) For the relief of itching and irritation in cases of mild athlete's foot

Put 6 to 10 drops of the product in enough warm water to cover the feet. Soak feet for 5 to 10 minutes a day.

OR  
Undiluted product can be applied to the affected area using a cotton bud 2 to 3 times daily.

Do not use for more than one month. If the symptoms get worse, or continue during the use of this product, see your doctor or qualified healthcare practitioner.

##### D) Use as a mouth rinse or gargle after dilution

##### For the treatment of minor inflammation of the lining of the mouth

##### The product must be diluted before use.

Mix 6 to 10 drops of the product in 100 ml of water and use as a mouth rinse or gargle 2 to 3 times daily. Do not swallow the product.

If the symptoms get worse, or last for more than five days during the use of this product, see your doctor or qualified healthcare practitioner.

##### If you forget to use Care Tea Tree Oil 100%

If you forget to use this product, use the next dose when it's due. Do not use a double dose.

##### If you accidentally swallow Care Tea Tree Oil 100%

If anyone accidentally swallows tea tree oil contact a doctor. In children, ingestion of tea tree oil is a medical emergency requiring immediate hospital treatment and respiratory support.

#### 4. Possible side effects

Like all medicines, Care Tea Tree Oil 100% can cause side effects, although not everyone gets them.

The following effects may occur when using tea tree oil; mild burning or smarting pain, irritation, itching, stinging, redness, contact dermatitis (inflamed, blistered, dry, cracked or thickened areas of skin) or other allergic reactions. Discontinue use if you find that any of these symptoms are troubling you and talk to your doctor, pharmacist or qualified healthcare practitioner. A burn-like skin reaction has been reported on rare occasions.

##### Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or qualified healthcare practitioner. This includes any possible side

effect not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this medicine.

#### 5. How to store Care Tea Tree Oil 100%

Keep out of the sight and reach of children. Store in the original container, protected from light and heat. Ensure that the cap is tightly closed after each use. Once opened, use within three months. After this time, take any unused product to your pharmacist for disposal.

Do not use this product after the expiry date printed on the outer carton and container label. Do not use if you notice that the package has been opened. Proper storage and handling are needed to avoid degradation of the product, which is more likely to cause side effects. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

#### 6. Contents of the pack and other information

**Active ingredient:** Each drop contains 100% Tea tree oil (*Melaleuca alternifolia* (Maiden and Betch) Cheel). There are no other ingredients.

Each bottle contains 10 ml or 25 ml of tea tree oil 100%.

The container is an amber glass bottle with a child-resistant plastic stopper cap and an incorporated plastic dropper.

##### Traditional Herbal Registration Holder and Manufacturer:

Thornton & Ross Limited, Linthwaite, Huddersfield, HD7 5QH, UK.

This leaflet was last revised in June 2017

A version of this leaflet suitable for blind or partially-sighted people can be obtained from Thornton & Ross Limited, Linthwaite, Huddersfield, HD7 5QH, UK.



Certification Mark

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