

**PATIENT PACKAGE INSERT IN ACCORDANCE  
WITH THE PHARMACISTS' REGULATIONS  
(PREPARATIONS) - 1986**

This medicine is dispensed  
without a doctor's prescription

## **BenGay® Greaseless Pain Relieving Cream**

**Active ingredients** - each unit contains:  
Methyl Salicylate 15%  
Menthol 10%

## **BenGay® Ultra Strength Cream**

**Active ingredients** - each unit contains:  
Methyl Salicylate 30%  
Menthol 10%  
Camphor 4%

Inactive ingredients and allergens: see section 6  
"Further Information".

**Read this leaflet carefully in its entirety before  
using this medicine.** This leaflet contains concise  
information about the medicine. If you have further  
questions, refer to the doctor or pharmacist.

The medicine is not intended for conditions similar  
to arthritis in infants and children under 12 years of  
age. Under this age, refer to a doctor.

Use correctly. Consult a pharmacist if you need  
further information. Refer to the doctor if the signs  
of the disease (symptoms) worsen or if they do not  
improve after 10 days.

### **1. WHAT IS THIS MEDICINE INTENDED FOR?**

This medicine is indicated for the temporary relief of  
minor aches and pains of muscles and joints, such as  
simple back ache, lumbago, arthritis, strains,  
bruises and sprains.

**Therapeutic group:** Methyl salicylate belongs to  
the salicylates group, which are non-steroidal  
anti-inflammatory agents.

### **2. BEFORE USING THE MEDICINE:**

**❑ Do not use this medicine:**

- if you are sensitive (allergic) to the active ingredients or to any of the other ingredients contained in the medicine.
- on damaged skin or on sores.
- in children and infants under 12 years of age, without a doctor's instructions.

**⚠ Special warnings regarding use of the  
medicine**

- Excessive use may result in salicylate toxicity (salicylates have been associated with Reye's syndrome).
- Do not use with a heating pad or bandage with tight dressing.
- Avoid contact of the preparation with the eyes. In case of contact, wash immediately with water.
- Avoid contact of the preparation with mucosal tissues (e.g., the mouth and nose).
- If hyperirritation occurs, stop use. See section 4 "Side Effects".

**Before treatment with BenGay, tell the doctor  
if:**

- you are sensitive to any food or medicine, especially to salicylates.
- you use this medicine frequently or for a prolonged period.

**If you are taking, or have recently taken, other  
medicines, including non-prescription medicines  
and nutritional supplements, tell the doctor  
or pharmacist.** Especially inform the doctor or  
pharmacist if you are taking:

- other preparations containing salicylates (e.g., aspirin): concomitant use may lead to salicylate poisoning.
- anticoagulants, such as Coumadin: the combination may increase the potential for bleeding, since BenGay contains salicylate.

### **Pregnancy and breastfeeding**

There is not enough information for safe use  
during pregnancy or breastfeeding. Use during  
pregnancy and/or breastfeeding must be under  
medical supervision.

### **Driving and use of machinery**

This medicine has no effect on ability to drive or  
operate machines.

### **3. HOW SHOULD THE MEDICINE BE USED?**

Check with the doctor or pharmacist if you are  
uncertain. The usual dosage is generally:  
Apply 3-4 times a day, as needed.

**Directions for use:** Apply a thin layer on the achy  
area only and gently massage until the cream  
disappears (is absorbed).

**Do not exceed the recommended dose.**

Do not swallow! For external use only.  
If there is no improvement in your condition within  
10 days, refer to a doctor.

If you took an overdose, or if a child accidentally  
swallowed the medicine, immediately refer to a  
doctor or proceed to a hospital emergency room  
and bring the package of the medicine with you.

Do not take medicines in the dark! Check the  
label and dose each time you take medicine. Wear  
glasses if you need them.

If you have further questions regarding use of the  
medicine, consult the doctor or pharmacist.

### **4. SIDE EFFECTS**

As with any medicine, use of BenGay may cause  
side effects in some users. Do not be alarmed  
when reading the list of side effects. You may not  
experience any of them.

**Discontinue use and refer to a doctor as soon  
as possible, if the following occur:**

- Irritation (rare)
- Rash (rare)
- Local inflammation (rare)

### **Additional side effects**

Occurring rarely:

- Eyes: ocular irritation
- Immune system disorders: angioedema
- Respiratory system: shortness of breath (associated with hypersensitivity)
- Application site: skin edema, blisters, burning sensation, redness, irritation, pain, tingling, itching, and rash. In addition, urticaria, cold sensation (BenGay Ultra Strength)
- Application site sores or toxicity: burns

If a side effect occurs, if any of the side effects  
worsen, if you suffer from a side effect not  
mentioned in this leaflet, or if there is a change in  
your general feeling, consult the doctor.

### **Reporting side effects**

Side effects can be reported to the Ministry of  
Health by clicking on the link "Report Side Effects  
of Drug Treatment" found on the Ministry of Health  
homepage ([www.health.gov.il](http://www.health.gov.il)) that directs you to  
the online form for reporting side effects,  
or by entering the link:  
<https://forms.gov.il/globaldata/getsequence/getsequence.aspx?formType=AdversEffectMedic@moh.gov.il>

### **5. HOW SHOULD THE MEDICINE BE STORED?**

- Avoid poisoning! This medicine and any other medicine must be kept in a safe place out of the reach of children and/or infants to avoid poisoning. Do not induce vomiting without explicit instruction from the doctor.
- Do not use the medicine after the expiry date (exp. date) that appears on the package. The expiry date refers to the last day of that month.
- Store in a cool place between 20-25°C.
- Store in the original package. Do not store different medicines in the same package.

### **6. FURTHER INFORMATION**

**In addition to the active ingredients, the medicine  
also contains:**

- **BenGay Greaseless Pain Relieving Cream:**  
Xanthan Gum, Methylparaben, Propylparaben, Glycerin, Isopropyl Palmitate, Stearic acid, Cetyl Alcohol, Glyceryl Stearate V, Potassium Cetyl Phosphate, Potassium Hydroxide, Purified Water, Phenoxyethanol.
- **BenGay Ultra Strength:**  
Carbomer, Stearic acid, Glyceryl Stearate SE, Tween 80 (Polysorbate 80), Lanolin, Trolamine, Potassium Hydroxide, Edetate Disodium, Purified Water.

**What the medicine looks like and the contents  
of the package:**

- **BenGay Greaseless Pain Relieving Cream:**  
A plastic tube 2 OZ.
- **BenGay Ultra Strength:**  
A plastic tube 2 OZ, 4 OZ, 6 OZ.  
Not all pack sizes may be marketed.

### **Registration Holder and address:**

J-C Health Care Ltd., Kibbutz Shefayim 6099000,  
Israel.

### **Manufacturer and address:**

Johnson & Johnson Consumer Inc., NJ, USA.

The format of this leaflet was determined by the  
Ministry of Health and its content was checked  
and approved in July 2014.

Registration number of the medicine in the National  
Drug Registry of the Ministry of Health:

- **BenGay Greaseless Pain Relieving Cream:**  
133-96-23330-00
- **BenGay Ultra Strength:**  
133-94-27518-00