



## Tiger Balm White

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### Uses

For the treatment of tension headache and temporary relief of muscular aches and pains.

### Dosage

For muscular aches and pains: Adults and children over 2 years: rub gently onto affected parts of skin as necessary (usually 2-3 times daily). Under 2 years: not to be used. For tension headache: Adults only: rub onto the forehead or temples and lightly massage in a circular motion.

### Format and Ingredients

Ointment containing:  
Camphor 11% w/w, Levomenthol 8% w/w, Cajuput Oil 13% w/w, Clove Oil 1.5% w/w,