



## Olbas Oil

### Uses

Inhalation: for relief of bronchial and nasal congestion caused by colds, catarrh, influenza and hayfever, rhinitis and minor infections of the respiratory tract. Topical application: for the symptomatic relief of muscular pain and stiffness including backache, sciatica, lumbago, fibrositis and rheumatic pain.

### Dosage

As an inhalant: Adults and children over 2 years: Add 2-3 drops on a tissue, or add to hot water and inhale the vapours. Children 3 months to 2 years: Add 1 drop to a tissue and hold close to nose allowing child to breathe in vapours. Keep out of child's reach. Not suitable for babies under 3 months old. As a rub: 12 years and over: Massage into the painful area 3 times a day.

### Format and Ingredients

Mixture of essential oils containing:  
Eucalyptus Oil 35.45% w/w, Levomenthol 4.1% w/w, Cajuput Oil 18.5% w/w, Clove Oil 0.1% w/w, Juniperberry Oil 2.7% w/w, Methyl Salicylate 3.7% w/w, Mint Oil, partly dementholised 35.45% w/w,

G R LANE HEALTH PRODUCTS

**Pack size:** 12ml, 30ml

**RRP:** £4.45, £7.09

**Legal Status:** (GSL), (GSL)

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