

# MENTHODERM<sup>®</sup>

MENTHOL IN AQUEOUS CREAM



**Soothes and  
cools dry,  
over-heated,  
itchy skin**

The **only 0.5% - 5% range**  
of Menthol in Aqueous  
Cream to be **SLS free**



**SKIN DEEP  
SOOTHE ABILITY**

Recent guidelines for the management of pruritus and clinical experience suggest the use of menthol cream to alleviate itch due to its cooling effect on the skin<sup>(1)</sup>



## SKIN DEEP SOOTHE ABILITY

- MenthoderM<sup>®</sup> is a topical antipruritic cream used to help relieve the itch caused by pruritic conditions such as atopic eczema, psoriasis and chronic dermatitis.
- MenthoderM<sup>®</sup> is also the only Menthol in Aqueous Cream with two preservatives to preserve the product from contamination. The additional preservative Undecylenic Acid also helps to protect dry and irritated skin.
- The additional preservative is undecylenic acid which helps reduce the risk of potential cross contamination, especially for patients with compromised hygiene and assists in protecting dry and irritated skin
- MenthoderM<sup>®</sup> has a lower cost than the Drug Tariff Menthol in Aqueous Cream<sup>(2)</sup>
- The higher strengths of MenthoderM<sup>®</sup> Menthol in Aqueous Cream can help to relieve severe and generalised itch, often as a result of chronic illnesses such as liver disease<sup>(3)</sup> kidney disease, certain cancers<sup>(4)</sup> and pruritic symptoms associated with terminal illness<sup>(1)(5)</sup>.

### Other situations in which Menthol in Aqueous Cream may be effective are:

- Menopause: Menthol is often used by women experiencing the menopause. Its cooling properties assist with managing hot flushes
- Pregnancy: Menthol is also often used by pregnant women, for the relief of Obstetric Cholestasis (an uncomfortable itching on the abdomen and other parts of the body) caused by disruption to the normal functioning of the liver and soothing the itch associated with stretch marks<sup>(6)</sup>
- Summer Skin: Menthol is an age-old coolant and may help alleviate heated skin by cooling the affected area

# Benefits and Uses of Menthol

Menthol is a natural plant origin and widely known for its cooling and antipruritic properties when applied topically to the skin; Menthol has been used over many decades for medicinal purposes. Mentoderm® is prescribed frequently by dermatologists and healthcare professionals nationwide as an anti-itch cream to help cool and soothe a wide range of heated and itchy skin conditions.

## What is menthol in aqueous cream used for?

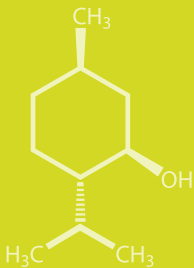
Mentoderm® (menthol in aqueous cream) is used to soothe and cool dry, irritated, over-heated and itchy skin conditions, including atopic eczema, psoriasis and chronic dermatitis. Mentoderm® menthol cream is also used to help relieve the itching associated with Obstetric Cholestasis in pregnancy, as well as generalised itch in chronic illnesses, whilst also helping to cool heated skin as a result of menopausal hot flushes or heat rash.

## What are the benefits of menthol cream?

Known for its cooling, soothing and anti-itch properties when applied to the skin, Menthol can be found in both prescription and over-the-counter medications for a range of different conditions. It is also used in Dermatology where it is frequently prescribed for its anti-itch properties.

## How does menthol cream stop itching?

Mentoderm® anti-itching cream helps to cool and soothe the skin when applied to the skin, by activating the TRPM8 receptor in the skin which responds to stimuli including temperature and, as a result, helping to alleviate itch.



Menthol is widely used in the UK, especially dermatology, where it is frequently part of topical antipruritic, analgesic, antiseptic, and cooling preparations, such as Menthol in a topical cream base. It has an excellent safety and toxicity profile. As highlighted by Patel et al<sup>(7)</sup> the recent discovery of the TRPM8 receptor finally provides the answer to how menthol can elicit the same cool sensation as low temperatures.

1. National Institute for Health and Care Excellence, Topical local antipruritics, <http://bnf.nice.org.uk/treatment-summary/topical-local-antipruritics.html> (last accessed June 2024)
2. British National Formulary (BNF), LEVOMENTHOL, <https://bnf.nice.org.uk/medicinal-forms/levomenthol.html>, (last accessed June 2024)
3. <https://www.nhs.uk/conditions/liver-cancer/symptoms/> (last accessed June 2024)
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2464269/> (last accessed June 2024)
5. <https://www.mariecurie.org.uk/professionals/palliative-care-knowledge-zone/symptom-control/itch> (last accessed June 2024)
6. Itching and intrahepatic cholestasis of pregnancy - NHS (www.nhs.uk) www.nhs.uk/pregnancy/related-conditions/complications/itching-and-intrahepatic-cholestasis/ (last accessed June 2024)
7. Patel et al., 'Menthol: A refreshing look at this ancient compound'. Journal of the American Academy of Dermatology, vol. 57, no 5, 2007, pp. 873-878

# Availability

Menthoderm® is available on prescription and is listed on the NHSBSA dm+d database. Menthoderm® has a lower cost than the Drug Tariff Menthol in Aqueous Cream and is available from many pharmacies.<sup>(1)</sup>

| MENTHOL STRENGTH %  |  |  |  |
|---|--|--|--|
| 0.5%  | 1%   | 2%   | 5%   |
| USER  |  |  |  |
| Recommended for children*/elderly people/ vulnerable skin | General pruritus/ starting point for most adults | 2% or 5% for increasing severity of itchy skin | 2% or 5% for increasing severity of itchy skin |
| AVAILABLE SIZE  |  |  |  |
| 500g Pot  | 500g Pot<br>100g Tube<br>500g Pump               | 500g Pot<br>100g Tube<br>500g Pump             | 500g Pump                                      |

## NHS Pricing<sup>(1)</sup>

| Menthoderm |           |          |           |          |
|------------|-----------|----------|-----------|----------|
| Strength   | 100g Tube | 500g Pot | 500g Pump | SLS Free |
| 0.5%       | N/A       | £16.94   | N/A       | ✓        |
| 1%         | £4.00     | £17.50   | £17.50    | ✓        |
| 2%         | £4.10     | £17.91   | £17.91    | ✓        |
| 5%         | N/A       | N/A      | £18.45    | ✓        |

### Warnings:

Do not use if you are allergic to any of the ingredients. Do not use on broken or damaged skin. Avoid contact with eyes. In the event of contact with eyes, rinse with water and immediately seek medical advice. In the unlikely event of rash or irritation, discontinue use. Young children should not be allowed to apply this product unsupervised. Do not apply to the face, nose, upper lip or mouth area of infants or young children. Seek medical advice if the product is accidentally swallowed. Do not induce vomiting. Do not use after expiry date. Store below 25°C.

### Directions for Use:

Apply to clean dry skin as often as required, as directed by your Prescriber or Pharmacist. Should only be used on infants below 2 years under the direction of a clinician.

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