



# PRODUCT RANGE GUIDE

Always read the label and follow the directions for use.





Australian families have been using GOLD CROSS medicinal remedies for over 70 years to treat a wide range of everyday health concerns.

GOLD CROSS is a range of tried and tested products, ranging from traditional remedies through to modern medicines. GOLD CROSS products contain ingredients of high quality, acting as the first port of call for everyday ailments and wellbeing.

## FIRST AID

Disinfection of wounds and more

## HEALTH

Cough liquids and other products for the medicine cabinet

## WELLBEING

Stay well with vitamins and oils

## SPECIALIST SKIN

Specialist skin products to soothe skin conditions

## HOUSEHOLD

Traditional products for use in the home



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# HEALTH



## Methyl Salicylate

Aches and pains in muscles and joints are very common. They are caused by overuse of ligaments, tendons and soft tissues in sport or in everyday life<sup>1</sup>.

GOLD CROSS Methyl Salicylate is available in three different muscle rubs – cream, ointment and liniment – to help relieve pain in muscles and joints.

1. American Academy of Orthopaedic Surgeons. Sprains, strains and other soft-tissue injuries [Internet]. Available from: <https://orthoinfo.aaos.org/en/diseases--conditions/sprains-strains-and-other-soft-tissue-injuries> [Accessed 2025 Apr 2].

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## Chesty Cough Senega & Ammonia

Senega & Ammonia has been used to treat coughs for over 100 years. Since 1911, senega was listed in both the US and British Pharmacopoeias. Senega is a plant and the root is used to make medicine.

Chesty Cough Senega & Ammonia relieves chesty coughs associated with colds, flus and bronchitis by helping to loosen and remove phlegm.

- ✓ Cough expectorant for a chesty cough
- ✓ Helps relieve chest congestion
- ✓ Helps loosen and remove phlegm

# HEALTH



## Gold Cross Chesty Cough Senega & Ammonia

Senega root soft extract equiv. per 10 mL. Senega root dry 250 mg, Ammonium bicarbonate 250 mg

- Cough expectorant for a chesty cough.
- Helps relieve chest congestion.
- Helps loosen and remove phlegm.

200 mL

500 mL



## Gold Cross Muscle Rub Cream

Methyl Salicylate 25 g/100 g,  
Eucalyptus Oil 10 g/100 g,  
Menthol 4 g/100 g

- Relief of pain in muscles or joints.

100 g



## Gold Cross Muscle Rub Liniment

Methyl Salicylate 25 mL/100 mL

- Relieves muscle aches and pains.

100 mL



## Gold Cross Muscle Rub Ointment

Methyl Salicylate 500 mg/g

- Topical pain reliever for muscle and joint pain.
- Helps relieve muscle and joint pain.

100 g



## Gold Cross Epsom Salts

Magnesium sulfate 100%

- Used as a bath soak to soothe and relax.
- Skin exfoliant.

1 kg



## Gold Cross Purified Water BP

Deionised water.

- For use in oral preparations.

2 L



## Gold Cross Gluco-Lyte

Potassium Chloride 24.4 mg/g. Sodium Chloride 8 mg/g. Sodium Citrate Dihydrate 27.75 mg/g

- For the treatment of dehydration due to diarrhoea, vomiting vigorous exercise, heat exhaustion and other illnesses.
- Helps replace lost body salts as well as fluid.

5 x 40g sachets

# FIRST AID



## Hydrogen Peroxide

Hydrogen Peroxide is a mild antiseptic used on the skin to prevent infection of minor cuts and scrapes. It may be used as a gargle or mouthwash when diluted as instructed.

## Calamine Lotion

Calamine Lotion is on the World Health Organisation's list of Essential Medicines<sup>2</sup>. Calamine lotion is used to relieve itchiness from insect bites and other minor skin irritations.

2. World Health Organization. WHO Model List of Essential Medicines (23rd List) [Internet]. 2023. Available from: <https://www.who.int/publications/i/item/WHO-MHP-HPS-EML-2023.03> [Accessed 2025 Apr 2].



## Ichthammol Drawing Ointment

Well-known for its effect for drawing out splinters.

## Clove Oil

Commonly used for temporary relief of toothache.

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# FIRST AID



## Gold Cross Hydrogen Peroxide 3%

Hydrogen Peroxide 3% w/v

- Antiseptic.
- Use diluted as a gargle or mouthwash.

100 mL

400 mL



## Gold Cross Hydrogen Peroxide 6%

Hydrogen Peroxide 6% w/v

- Antiseptic.
- Use diluted as a gargle or mouthwash.

100 mL

400 mL



## Gold Cross Calamine Lotion

Calamine 15 g/100 mL

- Soothes and protects damaged or tender skin.
- Relieves insect bite itch. Relieves minor skin irritations.

200 mL



## Gold Cross Calamine Spray

Calamine 15 g/100 mL, Zinc Oxide 5 g/100 mL, Phenol 0.4 g/100 mL

- Soothing relief from itching due to stings, rashes and sunburn.

200 mL



## Gold Cross Clove Oil 100%

Clove Oil 1 mL/mL

- Temporary relief of toothache.
- 100% Pure Essential Oil.

10 mL



## Gold Cross Ichthammol Drawing Ointment

Ichthammol 25% w/w

- Helps draw out splinters and thorns.

25 g



## Gold Cross Potassium Permanganate

- Potassium Permanganate 1 g/g
- Disinfectant, antiseptic and deodoriser.
- Also known as Condy's crystals.

50 g



## Gold Cross Iodine Tincture

Iodine 25 mg/mL, Potassium Iodide 5 mg/mL

- Disinfectant and antiseptic for treatment of minor wounds, cuts and abrasions.

50 mL



## Gold Cross Friar's Balsam

Benzoin Sumatra 2.5 g/25 mL, Storax Prepared 2.5 g/25 mL, Aloe ferox leaf juice dry 0.5 g/25 mL

- Antiseptic for small cuts. Inhalation to clear the nasal passages in symptomatic treatment of the common cold.

25 mL

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# WELL BEING



## Vitamin C

Vitamin C plays an important role in immune function. Vitamin C is a water-soluble vitamin and a antioxidant, supporting the synthesis of collagen and decreasing free radical damage to body cells.

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## Castor Oil

Castor Oil has been used for centuries as a natural remedy for various health complaints with uses first documented by the Egyptians dating back to 1500BC<sup>2</sup>. Externally, Castor Oil is commonly used as a skin conditioner and emollient. Castor Oil can also be taken internally to assist in the relief of constipation.

2. Morgan C. Castor oil packs: a brief history [Internet]. Castorvida; 2024 Jun 12. Available from: <https://castorvida.co.uk/blogs/news/castor-oil-packs-a-brief-history?srlti> [Accessed 2025 Apr 2].

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# WELL BEING



## Gold Cross Castor Oil 100%

Castor Oil 1 mL/mL

- Hydrates and soothes skin and hair.
- Helps relieve constipation.

100 mL

200 mL



## Gold Cross Cod Liver Oil

Cod Liver Oil 1 mL/mL: Equiv. Vitamin A 900 micrograms retinol equivalents, Vitamin D 300 IU

- A source of Vitamins A & D.

200 mL



## Gold Cross Liquid Paraffin 100%

Liquid Paraffin 1 mL/mL

- Skin emollient.
- Helps relieve constipation.

200 mL



## Gold Cross Glycerol 100% BP

Glycerol 1 mL/mL

- Softens and moisturises skin.
- Helps relieve constipation.

100 mL



## Gold Cross Vitamin C

Ascorbic Acid 300 mg/tablet, Sodium Ascorbate 227 mg/tablet

- Sugar free.
- Supports healthy immune function.
- Helps maintain healthy body tissues by supporting collagen synthesis.
- Antioxidant properties.
- Pleasant, natural orange flavoured tablet.

100 mL

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# SPECIALIST SKIN



## Olive Oil

Rich in antioxidants, vitamin E, Olive Oil and hydration. Olive Oil can also be used to help relieve dry scalp conditions in children and adults.



## Lanolin (Wool Fat)

Lanolin is commonly used as a moisturiser to treat or prevent dry, rough, scaly and/or itchy skin and minor skin irritations caused by conditions such as nappy rash. Lanolin acts as an emollient to form an oily layer on the top of the skin to trap the water in and help prevent itching and flaking.

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# SPECIALIST SKIN



## Gold Cross Pure Lanolin

Lanolin 1 g/g

- Moisturises dry skin.
- Creates a protective barrier.

50 g



## Gold Cross Olive Oil 100% BP Grade

Olive Oil 1 mL/mL

- Soothes and nourishes dry skin.
- Helps relieve dry scalp conditions.
- 100% Pure Cold Pressed Olive Oil

200 mL



## Gold Cross Whitfield's Antifungal Ointment

Benzoic Acid 6% w/w, Salicylic Acid 3% w/w

- For the treatment of fungal skin infections.

100g

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# HOUSEHOLD



## Citronella Oil

Citronella Oil has been recognized by the U.S. Environmental Protection Agency as a non-toxic way to effectively repel insects that's safe for the environment.



### Gold Cross Citronella Oil 100%

*Citronella Oil 1 mL/mL*

- Aromatherapy Oil.
- Helps repel bugs and insects.
- Pure Essential Oil.

25 mL



# HEALTH

# FIRST AID



# WELLBEING

# SPECIALIST SKIN

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