



## Vicks VapoRub ointment

Camphor 5% w/w, Turpentine oil 5% w/w,  
Levomenthol 2.75% w/w, Eucalyptus oil 1.5% w/w

### Patient information leaflet

#### In this leaflet:

1. What Vicks VapoRub is and what it is used for
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Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. However, you still need to use Vicks VapoRub carefully to get the best results from it.

- **Keep this leaflet.** You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor if your symptoms worsen or do not improve.
- If any of the side effects become serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

### 1. What Vicks VapoRub is and what it is used for

Vicks VapoRub is an ointment which is used to relieve nasal catarrh (inflammation of mucous membranes in the nose and throat), congestion (a blocked nose), sore throat and coughs due to colds. Vicks VapoRub contains four active ingredients: Camphor, Turpentine oil, Levomenthol and Eucalyptus oil.

- Levomenthol and camphor calm a cough
- Eucalyptus oil and Levomenthol relieve nasal congestion (blocked nose)
- Eucalyptus oil relieves catarrh

### 2. Before you use Vicks VapoRub

#### Do not use Vicks VapoRub:

- if you are allergic to any of the actives or other ingredients (see section 6)
- in your nostrils or swallow Vicks VapoRub
- on children under 2 years

#### Pregnancy and breast-feeding

If you are pregnant or breast-feeding, ask your doctor or pharmacist for advice before using Vicks VapoRub.



### 3. How to use Vicks VapoRub

#### Adults:

- Rub Vicks VapoRub liberally on the chest, throat and back
- Cover whole area for maximum effect
- Leave nightclothes loose to allow vapours to be inhaled easily.  
Or
- Place hot (not boiling) water in a suitable bowl for inhalation
- Melt two teaspoons of VapoRub into the bowl of hot water
- Keep sufficient distance from mixture in bowl to avoid burning of the face due to hot vapours
- Inhale the medicated vapours for 10-15 minutes.

- ▶ **Caution:** never re-heat the mixture or heat VapoRub in a microwave

#### Children: over 2 years of age

- Apply Vicks VapoRub lightly to the chest and back
- Rub in gently
- Leave clothes loose to allow vapours to be inhaled easily.

- ▶ **Vicks VapoRub is for external use only**

- ▶ **If symptoms persist or in case of fever, consult your doctor or pharmacist.**

### 4. Possible side effects

Like all medicines, Vicks VapoRub can cause side effects, although not everyone gets them.

Occasionally Vicks VapoRub can cause a temporary reddening of the skin in the region where the product has been rubbed in. This 'skin reddening' fades and should disappear within hours without any further action from yourself. If the reddening does not disappear please talk to your doctor or pharmacist.

- ▶ **If any side effects you experience become serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.**

### 5. How to store Vicks VapoRub

#### Keep out of the reach and sight of children.

Store below 25°C.

Do not use Vicks VapoRub after the expiry date which is printed on the jar or carton. The expiry date refers to the last day of the month stated.

### 6. Further information

#### What Vicks VapoRub contains:

**Active ingredients:** levomenthol, camphor, eucalyptus oil and turpentine oil.

**Other ingredients:** thymol, cedarwood oil and white soft paraffin.

This pack may contain 50, or 100 grams of ointment.

**Marketing Authorisation Holder:** Procter & Gamble (Health & Beauty Care) Limited, Weybridge, Surrey, KT13 0XP, UK (send all enquiries to this address).

**Manufacturer:** Procter & Gamble Manufacturing GmbH, Procter & Gamble Strasse 1, 64521 Gross-Gerau, Germany.

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