

# Vicks Vaporub Easy Applicator



**Category**  
Cough, Colds and Sore  
Throat  
**Manufacturer**  
PROCTER & GAMBLE  
HEALTH  
**Pack size**  
35g  
**RRP**  
£6.00  
**Legal Status**  
(GSL)



## Uses

For the symptomatic relief of nasal catarrh, congestion, sore throat, and cough due to colds.



## Format and Ingredients

Ointment containing:

Levomenthol 2.75% w/w, Camphor 5.00% w/w, Eucalyptus Oil 1.50% w/w, Turpentine Oil 5.00% w/w,



## Dosage

Adults: rub liberally on the chest, throat and back. Rub in well over the whole area and leave nightclothes loose to allow vapours to be inhaled easily. Alternatively, melt 2 teaspoons in a bowl of very hot (not boiling) water and inhale the vapours for 10-15 minutes. Children over 2 years: apply a small amount on the chest and back. Rub gently and leave clothes loose for easy inhalation.