

# Vicks Vaporub



**Category**  
Cough, Colds and Sore  
Throat  
**Manufacturer**  
PROCTER & GAMBLE  
HEALTH  
**Pack size**  
50g, 100g  
**RRP**  
£4.50, £6.00  
**Legal Status**  
(GSL), (GSL)



## Uses

Symptomatic relief of nasal catarrh and congestion, sore throat and cough due to colds.



## Format and Ingredients

Ointment containing:  
  
Menthol 2.75% w/w, Camphor 5% w/w, Eucalyptus Oil 1.50% w/w, Turpentine Oil 5% w/w,



## Dosage

Adults: rub liberally on chest, throat and back, leave night clothes loose to allow easy inhalation or melt 2 teaspoonsful in a bowl of hot but not boiling water and inhale vapours for 10-15 minutes. Children over 2 years: apply lightly to chest and back. Rub gently and leave clothes loose for easy inhalation. Under 2 years: not to be used. Under 12 years: not to be used as an inhalation.