

**Vicks VapoRub ointment**  
Camphor 9% w/w, Turpentine oil 5% w/w,  
Levomenthol 2.75% w/w, Eucalyptus oil 1.5% w/w

**Package leaflet: Information for the user**  
**Read all of this leaflet carefully before you start using this medicine 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.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

You must contact a doctor if your symptoms worsen or do not improve.

**What is in this leaflet**

1. What Vicks VapoRub is and what it is used for
2. What you need to know before you use Vicks VapoRub
3. How to use Vicks VapoRub
4. Possible side effects
5. How to store Vicks VapoRub
6. Contents of the pack and other information

**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. What you need to know before you use Vicks VapoRub**

**Do not use Vicks VapoRub:**

- If you are allergic to any of the actives or other ingredients of this medicine (see section 6).
- on children under 2 years,
- as an inhalation for children under 12 years,
- on broken skin, wounds, or mucous membranes.
- Do not swallow or apply directly onto the nostrils, eyes, mouth, or face. Vicks VapoRub is for external use only.

**Warnings and precautions**

- Talk to your doctor or pharmacist before taking this medicine if you have a history of airway disease or asthma.
- Do not bandage tightly. Do not use with heat wrap.
- Do not use boiling water to prepare inhalations.
- Do not heat or re-heat the mixture in a microwave.
- **Do not smoke or go near naked flames - risk of severe burns.** Fabric (clothing, bedding, dressings, etc.) that has been in contact with this product burns more easily and is a serious fire hazard. Washing clothing and bedding may reduce product build-up but not totally remove it.

**Other medicines and Vicks VapoRub**  
This product can be used with other medicines. No interactions known.

**Pregnancy and breast-feeding**  
If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before using this medicine. Vicks VapoRub should not be used on the mother's chest during breast-feeding as there is a very low chance that the baby's breathing may be affected.

**Driving and using machines**  
No effects on the ability to drive or use machines are known.

**3. How to use Vicks VapoRub**  
Always use Vicks VapoRub exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

**TOPICAL USE**  
**Adults:** Apply liberally on the chest, throat and back. Cover whole area for maximum effect. Leave nightclothes loose to allow vapours to be inhaled easily.  
**Children over 2 years:** Apply a small amount on the chest and back. Leave clothes loose for easy inhalation.

**INHALATION USE**  
**Adults only:** Mix two teaspoons in a bowl of hot (not boiling) water. Inhale the medicated vapour for 10-15 minutes. Gently. Do not heat in the microwave. Never re-heat the mixture. Keep sufficient distance from mixture in bowl to avoid burning of the face due to hot vapours.

**Additional directions for the easy applicator use**  
When using the product for the first time, remove the cap and the seal, prime the product by turning the bottom of the applicator 3-4 times. Remove cap and foil twist the bottom to release the product. Clean with a tissue after each use and place the cap on.

**If you use more Vicks VapoRub than you should**  
Tell your doctor or your pharmacist or contact your nearest hospital casualty department for further advice.  
In the case of accidental swallowing of Vicks VapoRub by a child, it is important to consult a physician without delay who can provide any necessary treatment. →

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Do not try to induce vomiting.  
If symptoms persist or in case of fever, consult your doctor or pharmacist.  
If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

**4. Possible side effects**  
Like all medicines, Vicks VapoRub can cause side effects, although not everybody gets them. Redness or irritation of the skin, irritation of the eyes (by inhalation) or allergic reactions can occur. These are usually mild and occur rarely. Burns at application site may occur, but the frequency is not known.

**Reporting of side effects**  
If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard), or search for MHRA Yellow card in Google Play or Apple App store. By reporting side effects, you can help make more information on the safety of this medicine.

**5. How to store Vicks VapoRub**  
Keep this medicine out of the sight and reach of children.  
Do not store above 25°C. Do not use Vicks VapoRub after the expiry date which is printed on the label and carton after EXP. The expiry date refers to the last day of the month stated. Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

**6. Contents of the pack and other information**

**What Vicks VapoRub contains:**  
Active ingredients: levomenthol, camphor, eucalyptus oil and turpentine oil.  
Other ingredients: thymol, cedarwood oil and white soft paraffin.

**What Vicks VapoRub looks like and contents of the pack**  
Jar: 35g or 100g opaque, blue polypropylene jar, closed with a green polypropylene thread screw cap placed into a carton.  
Easy applicator: 35g blue polypropylene and High Density Polyethylene applicator placed into a carton.

**Marketing Authorisation Holder:** Procter & Gamble (Health & Beauty Care) Limited, The Heights, Brooklands, Weybridge, Surrey, KT11 0DP, United Kingdom  
**Manufacturer:** Procter & Gamble Manufacturing GmbH, Procter & Gamble Strasse 1, 04521 Gross-Straus, Germany  
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**For information in larger print or alternative formats, please contact: 0800 169 4907**

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SUBMISSION		PHC	
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PMP No: N/A		Manf. Plant: 66	
Item Code: N/A		Substrate: RISE	
MPMP: N/A		Printer: (E) Lab / Hildag / Germany	
POA Description: VICKS VapoRub No Touch 35g (P) UK		Laetus: N/A	
Supplier Ref: 40361724_r1	Date: 22-Feb-2024	2D: N/A	
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