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Take care with the help of Vicks.

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Vicks VapoRub Topical Ointment

Vicks® VapoRub® ointment—the #1-selling product for ages 2 and up in the cold category*—is a topical cough medicine with medicated vapors that works quickly to relieve your cough.

VapoRub is not likely to cause drowsiness or jittery side effects.

Because VapoRub is a topical cough medicine, it may be appropriate for diabetics looking for an alternative to oral cough medicines that may contain sugar. Ask your doctor.

Vicks VapoRub is available in two scents: "regular" and lemon.

For specific information about diabetes, please [visit the American Diabetes Association® website](#), or [go to the Diabetes Self-Management website](#).

Uses	Directions	Warnings	Ingredients
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- On chest and throat, temporarily relieves cough due to common cold
- On muscles and joints, temporarily relieves minor aches and pains

See important warnings under "When using this product."

- Adults and children 2 years and over:
 - Rub a thick layer on chest and throat or rub on sore, aching muscles.
 - Cover with a warm, dry cloth if desired.
 - Keep clothing loose about throat/chest to help vapors reach the nose/mouth.
 - Repeat up to three times per 24 hours or as directed by doctor.
- Children under 2 years of age:
 - Do not use.

Other Information

- Store at room temperature.

Questions? Call 1-800-873-8276.

For external use only; avoid contact with eyes.

Do not use:

- By mouth
- With tight bandages
- In nostrils
- On wounds or damaged skin

Ask a doctor before use if you have:

- Cough that occurs with too much phlegm (mucus)

- Persistent or chronic cough such as occurs with smoking, asthma, or emphysema

When using this product, do not:

- Heat
- Microwave
- Add to hot water or any container where heating water. May cause splattering and result in burns.

Stop use and ask a doctor if:

- Muscle aches and pains persist more than 7 days or come back
- Cough lasts more than 7 days, comes back, or occurs with fever, rash, or persistent headache

These could be signs of a serious condition.

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. If swallowed, get medical help or contact a Poison Control Center right away.

Regular

Active Ingredients	(Purpose)
Camphor 4.8%	(Cough suppressant and topical analgesic)
Eucalyptus oil 1.2%	(Cough suppressant)
Menthol 2.6%	(Cough suppressant and topical analgesic)

Lemon

Active Ingredients	(Purpose)
Camphor 4.7%	(Cough suppressant and topical analgesic)
Eucalyptus oil 1.2%	(Cough suppressant)
Menthol 2.6%	(Cough suppressant and topical analgesic)

Inactive Ingredients

Regular: Cedarleaf oil, nutmeg oil, special petrolatum, thymol, turpentine oil

Lemon: Cedarleaf oil, lemon fragrance, nutmeg oil, special petrolatum, thymol, turpentine oil

* Vicks VapoRub was the top-selling children's product in the cough/cold/flu/respiratory-treatment category based on category unit and value sales as reported by the Nielsen Food, Drug, Mass respiratory market (excluding Wal-Mart stores) for the 12 months ending June 21, 2008. Use as directed.

Vicks. You're taken care of.™

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