

# Mentholatum Vapour Rub



**Category**  
Cough, Colds and Sore Throat

**Manufacturer**  
MENTHOLATUM COMPANY LTD, THE

**Pack size**  
30g jar

**RRP**  
£2.65

**Legal Status**  
(GSL)

## Uses

Symptomatic relief of colds, catarrh and hayfever. For muscular pain and stiffness including back pain, sciatica, lumbago, fibrositis, rheumatic pain, bruises and chilblains. Relief from minor skin conditions, including dry and chapped skin, nettle rash, insect bites and stings, itching.

## Format and Ingredients

Anhydrous ointment containing:

Camphor 9% w/w, Menthol 1.35% w/w, Methyl Salicylate 0.33% w/w,

## Dosage

Adults and children over 3 years: apply 2-3 times daily. Colds, catarrh and hayfever: rub on chest, throat and back, or melt one teaspoonful in hot water and inhale vapour. Muscular pain and stiffness: rub onto affected area. Minor skin conditions: apply a small amount lightly to affected area. Under 3 years: not recommended.