

# Ingredients Of Vicks VapoRub And Their Benefits For Babies



## Camphor

Helps to reduce coughing and can also provide pain relief.



## Eucalyptus oil

Can help to suppress cough.



## Menthol

Can help to stop cough and also provides pain relief.



## Cedarwood oil

Has antiseptic, antispasmodic, and antifungal properties.



## Nutmeg

Can boost the immune system, reduce pain, and improve sleep.



## Thymol

Has antioxidant, anti-inflammatory, and antiseptic properties.



## Reference

1. Vicks VapoRub Topical Ointment; Vicks