Article No. 32319 (350 mL) (Canada only)

Coughs and irritated throat conditions are quickly relieved by this pleasant-tasting syrup. A modern blend of natural products and ancient herbs, Watkins Cough Medicine may be used safely by both adults and children. Use Watkins Cough Medicine for coughs, sore or tickling throat, and other minor throat irritations.

- **Time-tested heritage:** Watkins has been making cough syrups since 1895!
- **Natural botanical derivatives:** A blend of ancient herbs and botanicals are blended in a soothing base that helps coat a rough, dry throat irritated by coughing.
- **Drug-free:** Non-constipating; non-habit forming; no side effects; safe for children.
- **Induction sealed:** Tamper-resistant; helps keep product fresh.
- **Pleasant taste:** Readily accepted by children.

**Essential Ingredients**

- **White Pine Extract:** Helps loosen accumulated phlegm (mucus) in the upper respiratory system when coughing is present. Rather than suppress coughs, it makes them more productive.
- **Camphor:** Helps relieve soreness and tickling in the throat.

**Contains**

- Solid Extract White Pine Compound 3.8%, Camphor 0.02%
Nasal congestion, stuffy nose, coughs, and irritated throat conditions are quickly relieved by this pleasant-tasting syrup. A modern blend of the past and present, Watkins Cough Syrup & Decongestant is both a cough suppressant and nasal decongestant, thereby giving you and your family quick, temporary relief from the annoyances of the common cold. Non-constipating, non-habit-forming, and may be used safely by adults and children over 12.

- **Time-tested heritage**: Watkins has been making cough syrups since 1895!
- **Cough suppressant**: Temporarily helps suppress the reflex that causes coughing.
- **Nasal decongestant**: Temporarily relieves a stuffy nose and restores free breathing.
- **Natural botanical derivatives**: A blend of ancient herbs and botanicals are blended in a soothing base that helps coat a rough, dry throat irritated by coughing.
- **Induction sealed**: Tamper-resistant; helps keep product fresh.
- **Non-constipating; non-habit-forming**: Minimal side effects.

### Active Ingredients
- **Dextromethorphan hydrobromide** (1.5 mg/mL): a cough suppressant
- **Phenylephrine hydrochloride** (1.0 mg/mL): a nasal decongestant

**Note**: Do not use if you are now taking a prescription monoamine oxidase inhibitor (MAOI) (certain drugs for depression, psychiatric or emotional conditions, or Parkinson’s disease), or for 2 weeks after stopping the MAOI drug. If you do not know if your prescription drug contains an MAOI, ask a doctor or pharmacist before taking this product.
White Cream Liniment

Article No. 02316/32316 (325 mL/11 fl. oz.)

Rub away the pain! For relief without burning, simply rub on and feel the pain go away. A deep-penetrating formula that relieves minor aches.

- **Time-tested:** Since 1915!
- **Cream lotion:** Won’t dry the skin; leaves it feeling soft and smooth; rub into skin to stimulate circulation.
- **Deep penetrating formula:** Reduces muscular discomfort due to overexertion, fatigue and strains; provides temporary relief for minor aches and pains associated with simple backache, arthritis, strains, bruises, sprains, and stiffness; won’t leave a greasy film on skin.

**Active Ingredients**

- **Turpentine (9%):** Extracted from pine trees, this counterirritant has been used as a folk remedy for centuries. Please note that the material used in medicinal products is rectified; that is, it is of much higher quality than the commercial product. It is a highly effective counterirritant and is perfectly safe.

- **Camphor (3%):** Occurs in nature in the camphor tree, an Asian evergreen related to cinnamon. When applied to the skin, camphor produces a mild local anesthetic action (depresses some nerve endings and stimulates others). It also acts as an antipruritic, which means it relieves itching.

**Testimonials**

Individual results may vary.

“My husband had poison ivy really bad; my downline Associate suggested using White Cream Liniment. My husband gave it a try and it worked! It got rid of the itching and helped dry it up. This is a staple product in my medicine cabinet.”

— Jennifer Ess, Independent Watkins Associate, Iowa

“When I feel everyday emotional pressures (stressed out), White Cream Liniment comes to my aid. I put it on wherever I am sore before sleeping and I am not sore or stiff in the morning.”

— Patty Bass, Independent Watkins Associate, Tennessee

“The best product I find that Watkins has is the White Cream Liniment. When I use this product on my knees and joints, my aches and pains are no longer there.”

— Valerie Bryant, Independent Watkins Associate, Ontario

Note: For national products, in most cases U.S. product photos are shown.
Watkins Liniment

Article No. 02317/32317 (325 mL/11 fl. oz.)

The very first product formulated by J. R. Watkins in the year 1868 and still one of our best-selling health aids! Provides great relief from the discomfort of minor muscle pain, soreness, stiffness and backaches. Just pat on for soothing relief.

- **Time-tested**: Since 1868!
- **Liquid form**: Just pat onto skin; liniment is absorbed deeply for fast relief.
- **Deep penetrating formula**: Reduces muscular discomfort due to overexertion, fatigue and strains; provides temporary relief for minor aches and pains associated with simple backache, arthritis, strains, bruises, sprains, and stiffness.

**Active Ingredient**

Camphor 3.5% w/w: Occurs in nature in the camphor tree, an Asian evergreen related to cinnamon. When applied to the skin, camphor produces a mild local anesthetic action (depresses some nerve endings and stimulates others). It also acts as an antipruritic, which means it relieves itching.

**Also Contains**

Capsicum (red pepper): A raw material that produces a warming effect on the skin; at higher levels, a burning sensation. The burning could become unpleasant if rubbed vigorously; therefore, we recommend that this product be patted on rather than rubbed in.

**Testimonials**

Individual results may vary.

“For years I tried several different forms of pain and tightness relief products with no success. One day the Minnesota Twins trainer suggested I try applying Red Liniment and I was amazed that I got instant relief! Since that day, I have continued to use Red Liniment—not only for my hamstring muscles but also for my arm and neck muscles—and have recommended it to other athletes.”

— Johan Santana, two time Cy Young Award recipient

“I remember growing up my dad had poor circulation in his legs and had to have surgery, after that he used Watkins Red Liniment for the pain and now I use the same liniment for my fibromyalgia and it works!”

— Kimberly Irven, Independent Watkins Associate, Missouri

“I swear and live by the Red Liniment. It totally relaxes the muscle and soothes the pain away.”

— Cheryl Toledo, Independent Watkins Associate, Ohio

Note: For national products, in most cases U.S. product photos are shown.

1/2012
A combination of menthol and camphor, skillfully compounded in a petrolatum base for convenient, effective use. Your stuffy head will love the penetrating aroma; provides temporary relief from muscular soreness and coughs caused by or associated with a cold.

- **Time-tested**: Since 1915!
- **Versatile**: Provides relief from bruises, sprains, sore muscles, and coughs associated with colds.
- **Non-staining petrolatum base**: Keeps skin from drying out; won’t stain clothes.
- **Low-level anesthetic action**: Depresses pain perception, suppresses coughs.
- **Economical**: A little goes a long way.
- **Pleasant, penetrating aroma**: Provides a feeling of comfort.

### Active Ingredients

- **Menthol**: An alcohol extracted from cornmint oil. When applied to the skin, menthol produces an intense and lasting cooling sensation that counteracts pain and is also used as an antipruritic. It both stimulates the nerves for perception of cold and depresses those which transmit pain.
- **Camphor**: Occurs in nature in the camphor tree, an Asian evergreen related to cinnamon. When applied to the skin, camphor produces a mild local anesthetic action (depresses some nerve endings and stimulates others). It also acts as an antipruritic, which means it relieves itching.

### Testimonials—

Individual results may vary.

“I had a terrible problem with toenail fungus; to the point where the nail was completely gone. I had tried everything I knew of and was unable to find an effective treatment, even after going to several doctors. I started rubbing Watkins Menthol Camphor Ointment on the affected area, and within weeks my nail grew back normally and the problem was gone.”

— Robert Faison, Watkins Customer, Pennsylvania

“My family loves the Watkins Menthol Camphor Ointment. It is the best product to have on hand when you are feeling a little stuffy. It opens the air ways right up – breathe with ease!”

— April Pratt, Independent Watkins Associate, Utah

“I use Watkins Menthol Camphor Ointment to clear up headaches and sinus problems by rubbing on temples, forehead and the back of my neck at the onset of a headache. I also rub it on my feet before going to bed to help stop a headache from starting.”

— Margaret Czerwinski, Independent Watkins Associate, Michigan

“I gave a tin of Watkins Menthol Camphor Ointment to a friend of mine who had ongoing pain from frozen shoulder. The next day the pain was gone.”

— Fern LaHaye, Independent Watkins Associate, Ontario
A combination of menthol and camphor, skillfully compounded in a petrolatum base for convenient, effective use. Provides temporary relief from muscular soreness.

- **Time-tested**: Since 1915!
- **Versatile**: Provides relief from bruises, sprains, and sore muscles.
- **Non-staining petrolatum base**: Keeps skin from drying out; won’t stain clothes.
- **Low-level anesthetic action**: Depresses pain perception, suppresses coughs.
- **Economical**: A little goes a long way.
- **Pleasant, penetrating aroma**: Provides a feeling of comfort.

**Active Ingredients**

- **Menthol**: An alcohol extracted from cornmint oil. When applied to the skin, menthol produces an intense and lasting cooling sensation that counteracts pain and is also used as an antipruritic. It both stimulates the nerves for perception of cold and depresses those which transmit pain.
- **Camphor**: Occurs in nature in the camphor tree, an Asian evergreen related to cinnamon. When applied to the skin, camphor produces a mild local anesthetic action (depresses some nerve endings and stimulates others). It also acts as an antipruritic, which means it relieves itching.
Relive symptoms associated with the common cold with this naturally formulated chest rub. We have developed the medicinal ingredients of our legendary products into an earth conscious base to give you the best of both worlds.

- 95 % natural.
- Paraffin and petrolatum free.
- Premium beeswax and soybean oil base.

**Active Ingredients**

**Menthol:** A natural component of various mints that has purifying, antimicrobial properties and causes a cooling sensation.

**Camphor:** Occurs in nature in the camphor tree, an Asian evergreen related to cinnamon. This purifying oil contains antiseptic and analgesic properties and is often used in pain relievers and inhalers*.

*This product not intended for direct inhalation.
Petro-Carbo First Aid Salve (U.S.)

Article No. 02372 (124 g/4.38 oz.)

A protective, soothing, topical dressing for minor burns, sunburn, minor cuts, scrapes, insect bites, and minor skin irritations. Helps protect exposed or irritated tissues from reopening during the healing process.

- **Time-tested:** Since 1888!
- **Soothing/Protective:** Provides temporary relief of minor cuts, scrapes, sores, burns and sunburns; helps prevent and temporarily protect chafed, chapped, cracked or windburned skin.
- **Non-drying petrolatum base:** Provides lubricating action to help prevent reopening of healing tissues when skin is flexed during normal movement.
- **Low-level anesthetic action:** Depresses pain perception.
- **Economical:** Large tin lasts a long time.

**Active Ingredient**

Phenol (1.5% w/w): Once called “carbolic acid,” phenol is a very effective topical analgesic that was used for decades for disinfecting medical instruments.

**Also Contains**

- **Oil of Spruce:** Has a long history in North American folk medicine of use for aches and pains.
- **Camphor:** A fragrant counterirritant extracted from an Asian evergreen related to cinnamon.
- **Oil of Cajeput:** Extracted from the White Tea Tree in the Melaleuca family, which includes eucalyptus and clove. Used widely in Eastern medicine as an antiseptic and to relieve aches and pains.

**Testimonials—**

Individual results may vary.

“My husband was stung by a wasp and we put Watkins Petro-Carbo on the bee sting and the stinger came all the way out.”

— Laurina Short, Independent Watkins Associate, Illinois

“I love Watkins Petro-Carbo Salve. From blisters to foot cuts from dry feet. I had a dry foot crack and put on the salve, and within a few minutes, the pain was gone and my foot felt better. The crack became smooth after a few applications. What a life saver!”

— Karen Barman, Independent Watkins Associate, Wisconsin

“My daughter and husband have severe skin irritations. We have tried OTC as well as prescription products with no luck. When we tried Watkins Petro-Carbo Salve it actually worked! I couldn’t believe my eyes. The irritation on my daughters’ legs was almost all gone literally overnight. My husband’s hands healed dramatically! Our house will never be without this product.”

— Dawn Core, Independent Watkins Associate, Louisiana

“Our 6-year old son came down with the chicken pox. We did not have any calamine lotion to help the itch, so we put Watkins Petro-Carbo Salve on each pox and after three applications they all disappeared in less than a week.”

— Catherine & Kyle Davidson, Independent Watkins Associate, Ontario

“A metal sliver was lodged in the palm of my hand and it was so deep that I worked for hours trying to remove it. Before I went to bed I put Watkins Petro-Carbo Salve on the sliver and in the morning the sliver came right out.”

— Karry Nelson, Ontario
Article No. 32372 (124 g/4.38 oz.)
Article No. 36607 (9 g/.3 oz. travel size)

A protective, soothing, topical dressing for minor burns, sunburn, minor cuts, scrapes, insect bites, and minor skin irritations.

- **Time-tested**: Since 1888!
- **Soothing/Protective**: Provides temporary relief of minor cuts, scrapes, burns and sunburns.
- **Non-drying petrolatum base**: Provides lubricating action to help prevent reopening of healing tissues when skin is flexed during normal movement.
- **Low-level anesthetic action**: Depresses pain perception.
- **Economical**: Large tin lasts a long time.

**Active Ingredient**
Phenol (1.5% w/w): Once called “carbolic acid,” phenol is a very effective topical analgesic that was used for decades for disinfecting medical instruments.

**Also Contains**
- **Oil of Spruce**: Has a long history in North American folk medicine of use for aches and pains.
- **Camphor**: A fragrant counterirritant extracted from an Asian evergreen related to cinnamon.
- **Oil of Cajeput**: Extracted from the White Tea Tree in the Melaleuca family, which includes eucalyptus and clove. Used widely in Eastern medicine as an antiseptic and to relieve aches and pains.
A great muscle warm-up rub for the athlete, J.R. Watkins Deep Muscle Warming Balm is formulated to provide quick, temporary relief from minor arthritic and rheumatic aches. With natural menthol and natural methyl salicylate, this balm packs a one-two counterirritant punch!

- **99.0% natural**
- **Deep penetrating formula**: Absorbs into skin to relieve pain, leaving no greasy film; reduces muscular discomfort due to overexertion, fatigue and strains; provides temporary relief from minor aches and pains associated with simple backache, arthritis, bruises and sprains.
- **Cream base**: Squeeze to apply; no mess or waste; long-lasting; has a moisturizing effect on the skin.
- **Non-staining**: Clothing worn over treated areas won’t be affected.
- **Quick-acting**: Absorbed rapidly to relieve soreness and relax muscle tension.
- **Convenient**: Compact container fits in gym bag.

**Active Ingredients**

- **Menthol (1.25%)**: An alcohol extracted from cornmint oil. When applied to the skin, menthol produces an intense and lasting cooling sensation that counteracts pain, and it is also used as an antipruritic. It both stimulates the nerves for perception of cold and depresses those which transmit pain.
- **Methyl Salicylate (10%)**: Natural wintergreen oil. Produces a counterirritant action to reduce pain. Readily absorbed into the skin and found highly effective in reducing the pain of arthritis.

**Also Contains**

- **Capsicum (red pepper)**: A raw material that produces a warming effect on the skin.
J.R. Watkins Deep Muscle Cooling Gel is an external pain-relieving gel that provides quick, cooling, temporary relief for muscle aches, minor arthritis pain and simple backache. Its menthol formula with alcohol makes this rub ideal for those who really want to “cool down”—almost like putting your pain on ice! A must for every athlete’s gym bag.

• 97.2% natural
• Dye free
• Deep penetrating formula: Absorbs into skin to relieve pain, leaving no greasy film; reduces muscular discomfort due to overexertion, fatigue and strains; provides temporary relief from minor aches and pains associated with simple backache, arthritis, bruises and sprains.
• Gel base: Squeeze to apply; no mess or waste; long-lasting; non-greasy.
• Non-staining: Clothing worn over treated areas won’t be affected.
• Quick-acting: Absorbed rapidly to relieve soreness and relax muscle tension.
• Refreshing aroma: Product is pleasant to use; no “medicinal” smell.

Active Ingredients
• Menthol (3%): An alcohol extracted from cornmint oil. When applied to the skin, menthol produces an intense and lasting cooling sensation that counteracts pain and is also used as an antipruritic. It both stimulates the nerves for perception of cold and depresses those which transmit pain.
Article No. 02350/32350 (120 mL/4 fl. oz.)

The very first product formulated by J. R. Watkins in the year 1868 was our famous Liniment. More than 135 years later, Watkins introduces another innovative pain relief product in a more convenient form. This soothing spray temporarily relieves minor aches and pains of muscles and joints associated with backaches, strains, bruises, sprains, arthritic or rheumatic pain, and pain of tendons, ligaments and tired, aching muscles.

- **96.5% natural**
- **Non-aerosol pump spray:** Won’t harm environment; gives more control over amount and direction of spray than an aerosol; contains over 600 sprays!
- **Spray delivery system:** Allows for convenient application.

**Active Ingredients**

- **Menthol 2.0% w/w:** An alcohol extracted from cornmint oil. When applied to the skin, menthol produces an intense and lasting cooling sensation that counteracts pain and is also used as an antipruritic. It both stimulates the nerves for perception of cold and depresses those which transmit pain.

- **Camphor 3.5% w/w:** Occurs in nature in the camphor tree, an Asian evergreen related to cinnamon. When applied to the skin, camphor produces a mild local anesthetic action (depresses some nerve endings and stimulates others). It also acts as an antipruritic, which means it relieves itching.

**Other Ingredient**

- **Eucalyptus Oil:** A stimulating oil with analgesic properties and a history of use in liniments.

Note: For national products, in most cases U.S. product photos are shown.
Menthol Camphor Relief Mist

Article No. 02340/32340 (120 mL/4 fl. oz.)

It’s aromatherapy for colds! The volatile, yet pleasant vapors given off by menthol have long been used to give a feeling of relief from stuffiness. Combining menthol with other purifying essences, our fragrant menthol products can provide a lift when cold season gets you down.

- **96.18% natural**
- **Non-aerosol pump spray**: Won’t harm environment; gives more control over amount and direction of spray than an aerosol.
- **Concentrated**: Several pumps into the room is enough to bring a feeling of welcome relief; contains over 600 sprays!

**Essential Ingredients**

- **Menthol**: A natural component of various mints that has purifying, antimicrobial properties and causes a cool sensation in the nose. Has been used in inhalers for many years.*
- **Eucalyptus oil**: A stimulating oil with antiseptic properties that has a long history of use in inhalers.*
- **Camphor**: A purifying oil with antiseptic and analgesic properties. Used in pain relievers and inhalers.*

*This product is not intended for direct inhalation.

Note: For national products, in most cases U.S. product photos are shown.
For many years, this product was known as “Inhalant.” It’s still the same great product—a non-staining clear liquid in a slim bottle that goes anywhere, ready to apply to a handkerchief or tissue.

- **100% natural**
- **Liquid form:** Can be used on facial tissues, handkerchiefs, and pillows.
- **Non-staining:** Won’t harm clothes, sheets, etc.
- **Compact bottle:** Convenient; can be carried anywhere in purse, handbag, shaving kit or pocket for immediate use.

### Essential Ingredients
- **Menthol:** A natural component of various mints that has purifying, antimicrobial properties and causes a cool sensation in the nose. Has been used in inhalers for many years.*
- **Lavender Fragrance:** Lavender has many therapeutic uses, and has been highly regarded for the treatment of headaches.

*This product is not intended for direct inhalation.

### Testimonials—
Individual results may vary.

“Our 4 and 6 year old boys seem to have gotten hit very hard with every cold/flu virus that came our way. We have a humidifier/vaporizer that has a removable cup for placing special liquids; we tried Watkins Menthol Lavender Drops and it soothed their stuffy heads almost immediately. Our boys can now sleep peacefully when hit with the cold/flu.”

— Marie Tiegs, Independent Watkins Associate, Wisconsin

“I was having tightness throughout my neck, shoulders and upper back and I was having a hard time breathing. I decided to try Watkins Menthol Lavender Drops; I put a couple of drops in my hands, rubbed my hands together, and put my hands over my face. I took slow deep breaths and I was pleasantly surprised; not only did my chest relax and my breathing got easier and deeper, my neck, shoulders and upper back relaxed as well.”

— Bethany Johnson, Independent Watkins Associate, Minnesota

“My grandmother’s solution from keeping her nose from dripping in cold weather was Watkins Menthol Lavender Drops. A couple of drops in a hankie, kept close, kept her breathing free and clear with no dripping while she out and about in cold weather. I do this myself now, putting a couple of drops on my sweatshirt I’m wearing.”

— Dennis & Patricia Pisapia, Independent Watkins Associate, Texas
Menthol Camphor Bath Soak

Article No. 12305/32305 (350 g/12.3 oz.)

Our Menthol Camphor (Medicated) Ointment has tucked people in with a warm hug for generations. Cough and cold sufferers would always get a good dose from Mom about the throat and chest and go to bed amid its comforting vapors. And it was always there to soothe those little aches and pains caused by working or playing too hard. Now those wonderful aromas are available in the most relaxing form ever.

Menthol Camphor Bath Soak adds the essential oils of Eucalyptus, Lavender and Thymol to a nice, hot bath for the ultimate in relaxation. These oils are added to pure, natural salt to soften bath water and skin as you soak away the chills and all your cares. Its surfactant-free formula is safe for hot tubs and spas. Just add to hot running water to let your skin—and your mind—bathe in welcome relief.

- **99.25% natural**
- **Salt:** Acts as a natural water softener, helping to soften the skin. Also, because salts have a drawing effect, they help detoxify skin.
- **Purifying fragrance:** Penetrating scents of menthol and camphor along with oil of eucalyptus, lavender and thymol are released in warm bath water to help create a feeling of relief.
- **Surfactant-free formula:** Safe for hot tubs and spas.

**Tips:**

- Add to purifying effect by spraying the bathroom with Menthol Camphor Relief Mist.

- Follow up the bath by applying a thick layer of Watkins Menthol Camphor (Medicated) Ointment to chest and throat.

Note: For national products, in most cases U.S. product photos are shown.
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