

CHEST RUB- camphor, eucalyptus oil, menthol jelly
H E B

HEB 248.001/248AI
Medicated Chest Rub

Warning

Failure to follow these warnings could result in serious consequences

Active ingredients

Camphor 4.8%

Eucalyptus oil 1.2%

Menthol 2.6%

Purpose

Cough suppressant & topical analgesic

Uses

- on chest and throat, temporarily relieves cough due to the common cold
- on muscles and joints, temporarily relieves minor aches and pains

Warnings

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 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.

In case of accidental ingestion, get medical help or contact a Poison Control Center right away.

Directions

See important warnings under "When using this product"

- adults & children 2 yrs & over:
- rub a thick layer on chest & 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
- children under 2 years of age: ask a doctor

Other information

- store at room temperature

Inactive ingredients

cedarleaf oil, nutmeg oil, special petrolatum, spirits of turpentine, thymol

Adverse reactions

MADE WITH PRIDE & CARE FOR H-E-B[®] SAN ANTONIO, TX 78204

*This product is not manufactured or distributed by Procter & Gamble, distributor of Vicks[®] VapoRub[®].

Principal display panel

Compare to Vicks[®] VapoRub[®]*

H-E-B[®]

MEDICATED CHEST RUB

Cough Suppressant

Topical Analgesic

NET WT 3.53 OZ (100 g)

Compare to Vicks® VapoRub®

H-E-B

Medicated Chest Rub

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Topical Analgesic

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Drug Facts

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• 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. In case of accidental ingestion, get medical help or contact a Poison Control Center right away.

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• adults & children 2 yrs. & over
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• children under 2 years of age: ask a doctor

Other information • store at room temperature

Inactive ingredients cedarleaf oil, nutmeg oil, special petrolatum, spirits of turpentine, thymol

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SAN ANTONIO, TX 78204

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CHEST RUB

camphor, eucalyptus oil, menthol jelly

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:37808-248
Route of Administration	TOPICAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
CAMPHOR (SYNTHETIC) (UNII: 5TJD82A1ET) (CAMPHOR (SYNTHETIC) - UNII:5TJD82A1ET)	CAMPHOR (SYNTHETIC)	48 mg in 1 g
EUCALYPTUS OIL (UNII: 2R04ONI662) (EUCALYPTUS OIL - UNII:2R04ONI662)	EUCALYPTUS OIL	12 mg in 1 g
MENTHOL (UNII: L7T10EIP3A) (MENTHOL - UNII:L7T10EIP3A)	MENTHOL	26 mg in 1 g

Inactive Ingredients

Ingredient Name	Strength
CEDAR LEAF OIL (UNII: BJ169U4NLG)	
NUTMEG OIL (UNII: Z1CLM48948)	
PETROLATUM (UNII: 4T6H12BN9U)	
TURPENTINE OIL (UNII: C5H0QJ6V7F)	
THYMOL (UNII: 3J50XA376E)	

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:37808-248-75	100 g in 1 JAR; Type 0: Not a Combination Product	01/23/2009	
2	NDC:37808-248-17	1 in 1 CARTON	02/10/2026	
2		50 g in 1 JAR; Type 0: Not a Combination Product		

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M012	01/23/2009	

Labeler - H E B (007924756)

Registrant - Nice-Pak Products, LLC (119091520)

Establishment

Name	Address	ID/FEI	Business Operations
Nice-Pak Products, LLC		119091514	manufacture(37808-248)

Revised: 2/2026

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