

Watkins (“Red”) 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.



Massage Oil for Sore Muscles

Mix a 2 to 1 ratio of Watkins Red Liniment and Watkins Natural Massage Oil to rub onto sore muscles or aches from flu and other ailments. “It rubs on easily and does not burn my hands when rubbing.”

2 tsp Watkins Red Liniment
1 tsp Watkins Natural Massage Oil

Combine Liniment and Massage Oil and rub onto sore muscles. (This does not blend well in a dish, but goes on well with hands and is very gentle when applying). For more “heat” use 3 tsp Liniment. Provided by Mary Burgett.

Testimonial—

Individual results may vary.

“I’ve had extreme pain in my knee for quite some time, so I had arthroscopic surgery. After surgery, the pain eased up a bit but then increased to the point that I was about to give up. A friend of mine told me about Watkins products, which I recognized from my childhood as soon as I got the catalog. I ordered the Watkins Red Liniment and Linimax™, and after only one week I am pain-free.”

— Loretta Parris, Pennsylvania