

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.