

## Cough-Cold Symptom Relief Guide

**New laws have changed the look of our Cough-Cold section. This guide is designed to help you find the product with the right ingredient or combination of ingredients to relieve your cold symptoms. In all cases follow the instructions on the label.**

Symptom	Look for products with the following ingredients	Cautions	Comments
Pain and fever	Aspirin	Possible stomach irritation	
Pain and fever	Acetaminophen	Avoid alcohol when using	
Pain and fever	Ibuprofen	Possible stomach irritation	
Pain and fever	Naproxin	Possible stomach irritation	
Cough	Dextromethorphan	Do not exceed recommended dose	
Runny Nose, water eyes, Sinus	Diphenhydramine	Sedating	
Runny Nose, water eyes, Sinus	Dexbrompheniramine Maleate	Sedating	
Runny Nose, water eyes, Sinus	Chlorpheniramine Maleate	Sedating	
Non-sedating runny nose, watery eyes, sinus	Loratadine	Non-sedating	12-24 hour relief (see package for details)
Chest Congestion	Guaifenesin		
Nasal Congestion	Phenylephrine Hydroch.	People with high blood pressure should consult their doctor before using	4 hour relief
Nasal Congestion	Pseudoephedrine *	People with high blood pressure should consult their doctor before using	Relieves up to 24 hours (see package for details).
<b>* Pseudoephedrine is a precursor ingredient in the illegal production of methamphetamine. We are required by law to restrict access, and log all purchases.</b>			
Nasal Congestion	Nasal Sprays (Phenylephrine or Oxymetazaline)	Continued use may result in "rebound congestion"	
All Common Cold Symptoms	Zinc lozenges and sprays	Homeopathic, does not interact with other remedies	May reduce the intensity and duration of cold symptoms
All Common Cold Symptoms	Vitamin Supplements (Airborne, Emergen-C, Echinacea)	Possible aftertaste	May help build up the immune system