

# Safeguard Your Medicines & Know What is in Your Cabinet

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*Over 100 over-the-counter Products Contain Dextromethorphan (DXM)*

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Below is a list of popular brand-name over-the-counter (OTC) cough, cold, and flu medicines that contain dextromethorphan (DXM). Remember that store brands, private label, or “generic” brands of these products, such as the CVS, Walgreens, or Wal-Mart brands (that often say, “compare to...” on the packaging) will contain the same ingredients, including DXM. The ingredients in any OTC medicine will also be included in the Active Ingredients section of the Drug Facts label printed on the package. DXM can be listed as dextromethorphan, dextromethorphan hydrobromide, or dextromethorphan HBr.

**Not all forms of these brands include dextromethorphan**, so check the label to learn if medicines in your home contain DXM and always be sure to read the label, know the active ingredients, and confirm appropriate dosing for any OTC medicine you may take.

ALKA SELTZER PLUS  
BUCKLEYS  
CHERACOL  
CLEAR COUGH  
COMTrex  
CONTAC  
CORICIDIN  
CREOMULSION  
DEFENSOLITO  
DELSYM  
DIABETIC TUSSIN  
DIMETAPP  
ELIXSURE  
FATHER JOHNS  
KIDS EEZE  
LITTLE COLDS  
MUCINEX DM & COUGH  
PRODUCTS  
PEDIACARE  
ROBITUSSIN  
SINEOFF  
SUDAFED  
THERAFLU  
TRIAMINIC  
TYLENOL COUGH, COLD & FLU PRODUCTS  
VICKS DAYQUIL  
VICKS FORMULA 44 CUSTOM CARE  
VICKS NATURE FUSION  
VICKS NYQUIL

