

# What You Need to Know About the Dextromethorphan Sales Restriction



To help prevent teens from abusing over-the-counter (OTC) cough medicine containing the active ingredient dextromethorphan (DXM), Louisiana law (effective as of August 1, 2014) prohibits the sale of these medicines to minors.

## HOW DO I KNOW IF A PRODUCT CONTAINS DXM?

- Check the Drug Facts label for the active ingredient DXM
- Check the packaging for the Stop Medicine Abuse icon

### **Drug Facts**

<b>Active Ingredient</b>	<b>Purpose</b>
<b>(in each 15 mL tablespoon)</b>	
Dextromethorphan HBr 15 mg .....	Cough suppressant
<b>Use</b> temporarily relieves cough due to minor throat and bronchial irritation	

**PARENTS:**

Learn about teen medicine abuse

[www.StopMedicineAbuse.org](http://www.StopMedicineAbuse.org)

You can learn more about teen DXM abuse and what you can do to help prevent it at [www.StopMedicineAbuse.org](http://www.StopMedicineAbuse.org).