

# SAFEGUARD YOUR MEDICINE & KNOW WHAT IS IN YOUR CABINET

## OVER 100 OTC PRODUCTS CONTAIN DXM

Below is a list of popular brand-name over-the-counter (OTC) cough, cold, and flu medicines that contain the active ingredient dextromethorphan (DXM), which is the most widely used cough suppressant ingredient in the United States. While millions of Americans rely on OTC medicines containing DXM for cough relief, some teens ignore labeling instructions and intentionally take large amounts – sometimes more than 25 times the recommended dose – to get high.

Remember that store brands, private label, or “generic” brands of these products, such as the CVS, Walgreens, or Walmart brands (they often say, “compare to…” on the packaging) will contain the same ingredients as brand-name products, including DXM. The ingredients in any OTC medicine are 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 it's important to always check the Drug Facts label and look for the Stop Medicine Abuse icon to identify whether a medicine contains DXM.*

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



The U.S. Food and Drug Administration’s (FDA) **National Drug Code Directory** maintains the most complete list of medicines containing dextromethorphan and is available at <http://www.accessdata.fda.gov/scripts/cder/ndc/>. To view the full list, select the search type “**Nonproprietary Name**” and then enter “**dextromethorphan**”.