Thank you for participating in the OTC Guide® survey of pharmacists’ most recommended over-the-counter products.

We appreciate your time and dedication to improving informed decision-making for your patients and other health care professionals!

To access results online, visit: pharmacytimes.com/otcguide
Categories Index

- Cough, Cold, Allergy
- Gastrointestinal
- Topicals
- Oral Care
- Women’s Health
- Family Planning
- Vitamins and Dietary Supplements
- First Aid
- Pediatrics
- Diabetic Health Care
- Durable Goods
- Diagnostics
- Other
- EENT
- Pain and Inflammation

EENT, Eye, Ear, Nose, and Throat.

Inside Cover

2 Editorial Board

3 EDITOR’S NOTE
Seize the Opportunity to Help Those Who Need Special OTC Counseling
Troy Trygstad, PharmD, PhD, MBA, Pharmacy Times® Editor in Chief

4 OTC GUIDE®:
26 YEARS STRONG!

5 PHARMACY TIMES®:
LEADING THE WAY

6 Help Patients Manage Cold and Flu Symptoms
Tiffany DiMaggio, PharmD; and Jonathan Ogurchak, PharmD, CSP

12 Gastroesophageal Reflux Disease
Saro Arakelians, PharmD

22 Pharmacy Clinical Pearl: Cold Sores
Saro Arakelians, PharmD

32 Pharmacy Clinical Pearl: Geographic Tongue
Saro Arakelians, PharmD

40 Half of Parents Regularly Give Their Children Dietary Supplements, Poll Shows
Ashley Gallagher

58 Antibiotics Are Often Prescribed for Sore Throats Without a Diagnostic Test
Ashley Gallagher

62 Caffeine and Chocolate Consumption May Trigger Migraines
Davy James

*Categories with products that won with 50% or more. For the master circle index, go to page 64.*

OTCGUIDE.NET | 2022
EDITOR’S NOTE

Seize the Opportunity to Help Those Who Need Special OTC Counseling
Pharmacists Possess Abundant Knowledge About Health Modalities and Medications That They Should Share With Patients

BY TROY TRYGSTAD, PHARMD, PHD, MBA, PHARMACY TIMES® EDITOR IN CHIEF

PHARMACY SHELVES CAN BE CONFUSING FOR SOME PATIENTS and overwhelming for others.
With years of training and perhaps many more of experience in staffing a community pharmacy, most pharmacists can navigate even the longest OTC shelves with ease. Nary an item exists about which we don’t have some knowledge. When asked for help, we coach relatives and friends alike almost subconsciously. Still, for many not in our social networks, and even some who are, the OTC aisles can be frustrating.

To the average patient, the pain medication aisle offers many options. But pharmacists know that the category is dominated by 3 active ingredients, a few also-rans, and niche topical products. To nonpharmacists, the cold and cough section looks like a mess, flush with combination products and conflicting messages about daytime wakefulness, high blood pressure, nighttime effectiveness, and an ever-raging efficacy debate about all types of congestion.

A MERE 90 SECONDS I WILL NOT SOON FORGET
For patients with special needs, the OTC product options can be overwhelming and impossible to navigate alone.

Nearly 2 decades ago, I was working one of my first shifts at a community pharmacy when a patient approached the window and said, “Can you help me find a medication?”

I said “Certainly, what can I find for you?” as I walked out the door and into the OTC aisle on my way to lunch.

I proceeded to walk the patient over to the area where the active ingredient she wanted was found and gave her a quick run-through of the products.

She ended our encounter by saying, “I want to thank you for coming out here with me. I can’t read, and I’ve never had a pharmacist come show me. I’ve always relied on somebody else in the aisles to grab the product for me.”

Those 90 seconds had a profound effect on me, and as a result, I have never neglected to ask patients whether they want me or another staff member to help them find a product. Please don’t forget that more than 40 million Americans have low literacy skills, more than 8 million very low literacy, and another 8 million almost none or none. In addition, more than one-third of Americans (36%) have low health literacy and cannot identify common medical terminology or medications.1,2 There are millions more who are health literate but do not read or speak English as a first language.

FOR MANY, IT IS THEIR ONLY ACCESS TO AFFORDABLE CARE
The average consumer-patient makes 26 trips a year to a pharmacy for OTC products.3 For many, pharmacists are the only access they have to a health care provider during the course of a year, or 2, or 3. From the 20-something intrepid who is anxious about her first pregnancy test to the highway contractor with nagging headaches and in need of shoes that allow his feet to breathe better, pharmacists are it—whether we like it or not. True, many consumer-patients can walk into one of more than 60,000 pharmacies or 750,000 OTC retail locations in the United States, pick out an appropriate OTC product, and administer it optimally. But many cannot do this on their own.

Meanwhile, OTC counseling should be covered by insurance and, for the uninsured, by the Health Resources and Services Administration.

OTC selection and counseling is an important responsibility for many licensed health care professionals, but especially for community pharmacists. We are the front door to the health care system for nearly everyone who opts to stay in the front yard and engage in self-care if they are allowed. We need to occupy that front yard and the OTC aisles and be paid to do so. For a low cost, consumer-patients should be able to request a 5-minute or 10-minute consultation for OTC medications and products. It could do a lot of good. In the meantime, pharmacists should do their best with yet another unpaid but highly valuable service to the community.

We hope you enjoy the 2022 OTC Guide®.

FOR REFERENCES, GO TO PHARMACYTIMES.COM/PUBLICATIONS

AUTHOR BIO
TROY TRYGSTAD, PHARMD, PHD, MBA, is the executive director of Community Pharmacy Enhanced Services Network (CPESN) USA, a clinically integrated network of more than 3500 participating pharmacies.
26 Years Strong

**SINCE 1997, PHARMACY TIMES® HAS BEEN** calculating pharmacists’ OTC recommendations and publishing an annual survey.

The purpose of our survey is to collect current data on the OTC brands pharmacists recommend most frequently and to ascertain the number of recommendations pharmacists make each month as they work with patients and counsel them on health conditions.

In their daily practice, pharmacists across the country make more than 140 million recommendations to patients every month. As the most accessible, and among the most trusted, health care providers, pharmacists play a key role in their patients’ health and wellness through counseling and product recommendations. Pharmacists are truly a constant source of health care information for the public.

The *Pharmacy Times®* OTC survey has grown each year since its launch in 1997 when 85 therapeutic categories were included. This year, we surveyed 15 distinct health sections and covered 149 therapeutic categories. As the OTC market has grown, *Pharmacy Times®* has responded by adding new health sections and new OTC products to the survey. As new therapeutic categories develop and the OTC market continues to evolve, *Pharmacy Times®* will expand its survey.

Now, for the eleventh year, the *Pharmacy Times®* OTC survey will be available to consumers through a special collaboration with U.S. News & World Report. The results of the survey will be available on the U.S. News & World Report website, along with useful consumer articles, many of them contributed by *Pharmacy Times®*. Visit health.usnews.com/health-products.

In addition to the valuable charts that summarize the OTC products most often recommended by pharmacists in 15 distinct health areas, this edition of the *OTC Guide®* includes a number of articles related to the use and management of OTC products. This issue provides articles that focus on the latest information on cough and cold treatments, topical solutions, and oral care.

Our *OTC Guide®* features an easy-to-use format that provides pharmacists with OTC product information at their fingertips. The color-coded guide is organized for easy access to the multitude of OTC brands that pharmacists recommend each day. The Table of Contents can be found on page 2, each health section is highlighted, and in-depth product charts are found throughout the guide.

These OTC product recommendations are also housed at *Pharmacy Times®* https://www.pharmacytimes.com/otcguide, where the information is searchable both by category and product name. Designed for use by pharmacists, this site helps users navigate the latest products.
Leading the Way

PHARMACY TIMES® HAS BEEN A CONSTANT SOURCE OF UP-TO-DATE, practical information for the pharmacy community and has led the way in presenting valuable information on the OTC market—in print and via online venues.

Ten years ago, we expanded our reach with this useful guide to OTC products, a special collaboration with U.S. News & World Report, to help consumers make informed decisions based on the expert opinions of our pharmacy readers.

More than ever, patients are turning to OTC products to treat conditions like allergies, arthritis, coughs, colds, migraines, and gastrointestinal issues.

OTC products are cost-effective and offer patients a convenient self-treatment option. As blockbuster prescription drugs become available over the counter, pharmacists are being called on to make recommendations from among the 1000-plus OTC brands available.

The 2022 Pharmacy Times® OTC Recommendations Survey, conducted by Healthcare Research & Analytics (HRA®), asked thousands of pharmacists for their recommendations on brands in 149 OTC categories. In these pages, products are organized by health section and in detailed charts that show the percentage of pharmacists who recommend each product. The charts also show the number of recommendations that retail pharmacy professionals make each month. (Note: Survey percentages in charts total 100%.)

As pharmacists continue to counsel consumers on OTC choices, our 2022 Pharmacy Times® OTC Recommendations Survey provides pharmacists guidance by showcasing the brands and products that were most highly recommended by their peers.

Since 2012, Pharmacy Times® has collaborated with U.S. News & World Report to bring these pharmacists’ top recommendations of OTC products directly to consumers. The leading brands receive a “#1 Pharmacist Recommended” award issued jointly by Pharmacy Times® and U.S. News & World Report.
Help Patients Manage Cold and Flu Symptoms

Consider Patients’ Disease States, Medication Regimens, and Other Regularly Used Nonprescription Drugs

By TIFFANY DIMAGGIO, PHARMD; AND JONATHAN OGURCHAK, PHARMD, CSP

PATIENTS OFTEN ASK PHARMACISTS TO RECOMMEND OTC MEDICATIONS for coughs, sore throats, and stuffy noses. These products typically contain antihistamines, antipyretics, cough suppressants, nasal decongestants, or a combination thereof (see TABLE). To provide the best care, pharmacists should verify a few things before making a recommendation.

When talking to patients about cough and cold products, it is important to determine which products can help with symptom management. When assessing treatments, the pharmacist should consider not only the patient’s medication regimen but also disease states and other OTC drugs being used.

They should also counsel patients about the risk of duplicate therapy so as to avoid exacerbating possible adverse effects. After gathering information about the patient’s medications and allergies, the pharmacist can consider OTC options.

It is important to note that many of these are sold as morning and nighttime formulations because of the ingredients they contain. Morning products typically contain an expectorant like guaifenesin, whereas those for nighttime tend to exclude nasal decongestants because of their stimulating effects, which may make falling asleep difficult. Instead, antihistamines, specifically first-generation products that have the greatest risk of sedation, are used at bedtime to help promote sleep.

Other helpful interventions include:

- Chapstick for dry lips
- Hot tea or lozenges to sooth sore throat
- Gargling with salt water
- Nasal saline for dry nose
- Resting as much as possible
- Drinking plenty of water or Pedialyte if diarrhea or vomiting are present and electrolyte replenishment is necessary
- Cool mist humidifier to reduce respiratory irritation

SPECIAL CONSIDERATIONS

Here are key points to keep in mind when recommending products to patients who are considered part of a special population or when certain disease states are present.

HYPERTENSION

- Avoid nasal decongestants like ephedrine, naphazoline, oxymetazoline, phenylephrine, and pseudoephedrine.

TABLE. Commonly Used Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acetaminophen (antipyretic/pain reliever)</td>
<td>AM/PM use</td>
</tr>
<tr>
<td>Chlorpheniramine, doxylamine (antihistamines)</td>
<td>PM use</td>
</tr>
<tr>
<td>Dextromethorphan (cough suppressant)</td>
<td>AM/PM use</td>
</tr>
<tr>
<td>Ibuprofen (antipyretic/pain reliever)</td>
<td>AM/PM use</td>
</tr>
<tr>
<td>Phenylephrine (nasal decongestant)</td>
<td>AM use</td>
</tr>
</tbody>
</table>

Note: If symptoms worsen or last more than 10 days, advise the patient to see a physician.

Antihistamines, Oral

Pharmacists’ Recommendations

- 9% Benadryl
- 15% Allegra
- 30% Zyrtec
- 42% Claritin
- 4% Xyzal

Estimated recommendations per month: 3,118,359

Decongestants, Oral

Pharmacists’ Recommendations

- 5% Zyrtec-D
- 5% Sudafed PE
- 5% Advil Cold & Sinus
- 15% Mucinex D
- 21% Claritin-D
- 43% Sudafed

Estimated recommendations per month: 2,387,405
**COUGH/COLD/ALLERGY**

- Be aware of possible high sodium content.
- Coricidin HBP or its generic equivalent is recommended for multi-symptom relief.

**PAIN MANAGEMENT**
- Calculating total acetaminophen intake is important in patients who take other medications containing acetaminophen, like hydrocodone/APAP or oxycodone/APAP, or use it frequently for pain management.
- The maximum daily dose is less than 4 grams of acetaminophen.¹

**PREGNANCY**
Patients should avoid non-steroidal anti-inflammatory drugs and products that contain alcohol whenever possible and use products that address specific symptoms.²

---

**CHILDREN**
- Pediatric patients should not be given salicylate derivatives/aspirin because they can lead to Reye syndrome.³,⁴
- Children’s Tylenol or a generic should be given, with the dose based on weight.⁵

**FOR REFERENCES, GO TO PHARMACYTIMES.COM/PUBLICATIONS**

About the Authors
Tiffany DiMaggio is a 2022 PharmD graduate of Duquesne University, in Pittsburgh, Pennsylvania.

Jonathan Ogurchak, PharmD, CSP, is the CEO and cofounder of STACK, a pharmacy information management platform, and a preceptor for a virtual Advanced Pharmacy Practice Experience rotation in specialty pharmacy.

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**Homeopathic Cold Products**

<table>
<thead>
<tr>
<th>Product</th>
<th>Pharmacists’ Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cold-Eeze</td>
<td>31%</td>
</tr>
<tr>
<td>Zicam</td>
<td>37%</td>
</tr>
<tr>
<td>Sambucol</td>
<td>14%</td>
</tr>
<tr>
<td>TheraZinc</td>
<td>5%</td>
</tr>
<tr>
<td>Hyland’s Defend</td>
<td>13%</td>
</tr>
</tbody>
</table>

Estimated recommendations per month: 1,849,237

---

**Topical Cough Suppressants, Lozenges**

<table>
<thead>
<tr>
<th>Product</th>
<th>Pharmacists’ Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Halls</td>
<td>27%</td>
</tr>
<tr>
<td>Zicam</td>
<td>24%</td>
</tr>
<tr>
<td>Luden’s</td>
<td>18%</td>
</tr>
<tr>
<td>Fisherman’s Friend</td>
<td>3%</td>
</tr>
<tr>
<td>Sambucol</td>
<td>18%</td>
</tr>
<tr>
<td>TheraZinc</td>
<td>13%</td>
</tr>
<tr>
<td>Pine Bros</td>
<td>4%</td>
</tr>
<tr>
<td>Sucrets</td>
<td>2%</td>
</tr>
<tr>
<td>Burt’s Bees</td>
<td>2%</td>
</tr>
<tr>
<td>VapoDrops</td>
<td>1%</td>
</tr>
</tbody>
</table>

Estimated recommendations per month: 1,812,692

---

**Zinc Lozenges**

<table>
<thead>
<tr>
<th>Product</th>
<th>Pharmacists’ Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cold-Eeze</td>
<td>39%</td>
</tr>
<tr>
<td>Zicam</td>
<td>43%</td>
</tr>
<tr>
<td>TheraZinc</td>
<td>7%</td>
</tr>
<tr>
<td>Sambucus Organic Zinc Lozenges</td>
<td>11%</td>
</tr>
</tbody>
</table>

Estimated recommendations per month: 2,685,938

---

**Zinc Cold Remedies**

<table>
<thead>
<tr>
<th>Product</th>
<th>Pharmacists’ Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cold-Eeze</td>
<td>41%</td>
</tr>
<tr>
<td>Zicam</td>
<td>59%</td>
</tr>
</tbody>
</table>

Estimated recommendations per month: 1,526,538

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**About the Authors**

Tiffany DiMaggio is a 2022 PharmD graduate of Duquesne University, in Pittsburgh, Pennsylvania.

Jonathan Ogurchak, PharmD, CSP, is the CEO and cofounder of STACK, a pharmacy information management platform, and a preceptor for a virtual Advanced Pharmacy Practice Experience rotation in specialty pharmacy.
**Cough/Cold/Allergy**

### Cold Remedies

**Pharmacists’ Recommendations**

- 23% Cepacol
- 15% Coricidin HBP
- 17% HALLS Defense
- 17% Airborne
- 20% Zicam

**Estimated recommendations per month:** 1,367,442

### Cough/Cold/Flu Combinations, Daytime

**Pharmacists’ Recommendations**

- 21% DayQuil
- 4% Theraflu
- 4% Tylenol Cold Daytime
- 11% Coricidin HBP
- 11% Claritin
- 14% Advil Cold & Sinus
- 12% Robitussin
- 8% Contac Cold + Flu Night
- 12% Delsym Cough + Cold Night Time

**Estimated recommendations per month:** 2,603,906

### Cough/Cold/Flu Combinations, Nighttime

**Pharmacists’ Recommendations**

- 37% NyQuil
- 6% Alka-Seltzer Plus
- 7% Cold-EEZE
- 8% Robitussin Nighttime
- 8% Contac Cold + Flu Night
- 10% Theraflu
- 12% Tylenol Cold Nighttime
- 12% Delsym Cough + Cold Night Time

**Estimated recommendations per month:** 2,663,359

### Decongestants, Nasal Spray

**Pharmacists’ Recommendations**

- 79% Afrin
- 3% Mucinex Nasal Spray
- 1% Sinex Ultra Fine Mist
- 4% Neo-Synephrine
- 4% Dristan Nasal Spray
- 5% Neo-Synephrine
- 1% Sinex Ultra Fine Mist

**Estimated recommendations per month:** 904,580

### Flu Products

**Pharmacists’ Recommendations**

- 22% DayQuil Cold & Flu
- 9% Alka-Seltzer Plus Cold & Flu
- 10% Theraflu
- 14% Tylenol Cold + Flu Severe
- 20% Coricidin HBP Cold & Flu
- 17% NyQuil Cold & Flu
- 8% DayClear Cough, Cold & Flu

**Estimated recommendations per month:** 2,093,130

### Topical Vapor Therapy

**Pharmacists’ Recommendations**

- 81% Vicks (VapoRub, VapoCream or VapoPatch)
- 7% Mary’s Vapor Rub
- 10% Mentholatum
- 22% Zilmax

**Estimated recommendations per month:** 1,276,718
Pharmacists’ Recommendations

Acid Reducers
Estimated recommendations per month: 3,266,279

37% Prilosec OTC
1% Zegerid OTC
3% Tagamet HB 200
5% Zantac 360°

Antacids
Estimated recommendations per month: 1,627,099

58% Tums
4% Genexa
2% Alka-Seltzer

Antidiarrheals
Estimated recommendations per month: 1,171,875

85% Imodium
5% Kapectate
2% DiaResQ

Antiflatulence Products
Estimated recommendations per month: 2,165,267

69% Gas-X
4% CharcoCaps
2% Rolaids Advanced

H₂-Receptor Antagonists
Estimated recommendations per month: 1,824,609

78% Pepcid
10% Tagamet HB 200
12% Zantac 360°

Lactose Intolerance Products
Estimated recommendations per month: 675,573

81% Lactaid
9% Lactase Enzyme
9% beano
1% Schiff Digestive Advantage

Pharmacist's recommendations per month:
- Acid Reducers: Prilosec OTC 37%, Zegerid OTC 1%, Tagamet HB 200 3%, Zantac 360° 5%
- Antacids: Tums 58%, Genexa 4%, Alka-Seltzer 2%
- Antidiarrheals: Imodium 85%, Kapectate 5%, DiaResQ 2%
- Antiflatulence Products: Gas-X 69%, CharcoCaps 4%, Rolaids Advanced 2%
- H₂-Receptor Antagonists: Pepcid 78%, Tagamet HB 200 10%, Zantac 360° 12%
- Lactose Intolerance Products: Lactaid 81%, Lactase Enzyme 9%, beano 9%, Schiff Digestive Advantage 1%
Many individuals experience acid reflux from time to time. Gastroesophageal reflux disease (GERD) is mild acid reflux that occurs at least twice a week or moderate to severe acid reflux that occurs at least once a week. Most individuals can manage the discomfort of GERD with lifestyle changes and OTC medications. But some individuals with GERD may need stronger medications or surgery to ease symptoms. Symptoms may include a burning sensation in the chest usually after eating, chest pain, difficulty swallowing, regurgitation of food or sour liquid, and the sensation of a lump in the throat. Risk factors may include certain foods, connective tissue disorders, delayed stomach emptying, eating large meals, obesity, pregnancy, or smoking. Diagnosis tools include ambulatory acid probe test, esophageal manometry, upper endoscopy, and x-ray. Treatment includes antacids such as Mylanta, Rolaids, and Tums. They also include medications such as H2-receptor blockers cimetidine (Tagamet), famotidine (Pepcid), and nizatidine (Axid). Proton pump inhibitors may also be used, such as Prevacid and Prilosec.

**Laxatives, Nonfiber**

Pharmacists’ Recommendations

- **64%** MiraLAX
- **25%** Dulcolax
- **6%** Phillips’
- **2%** Fleet

Estimated recommendations per month: 2,207,634

**Laxatives, Stimulant**

Pharmacists’ Recommendations

- **51%** Dulcolax
- **15%** Colace 2-IN-1
- **25%** Sennikot

3% Fleet

3% ex-lax

Estimated recommendations per month: 3,648,092
Gastroesophageal reflux disease occurs when stomach acid flows back into the tube connecting the mouth and stomach (esophagus).
**TOPICALS**

**USING HAND SANITIZERS**

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

WHY?

Many studies have found that sanitizers with an alcohol concentration between 60% to 95% are more effective at killing germs than those with a lower alcohol concentration or nonalcohol-based hand sanitizers. Hand sanitizers without 60% to 95% alcohol may not work equally well for many types of germs; and merely reduce the growth of germs rather than kill them outright.

WHY?

When using hand sanitizer, apply the product to the palm of one hand (read the label to learn the correct amount) and rub the product all over the surfaces of your hands until your hands are dry.

The steps for hand sanitizer use are based on a simplified procedure recommended by CDC. Instructing individuals to cover all surfaces of both hands with hand sanitizer has been found to provide similar disinfection effectiveness as providing detailed steps for rubbing-in hand sanitizer.

Source: CDC.gov

---

**FAST FACTS**

**Dandruff Shampoo**

<table>
<thead>
<tr>
<th>Shampoo Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nizoral</td>
<td>30%</td>
</tr>
<tr>
<td>T/Gel</td>
<td>11%</td>
</tr>
<tr>
<td>Free &amp; Clear Sensitive Skin</td>
<td>4%</td>
</tr>
<tr>
<td>MG217 Psoriasis</td>
<td>4%</td>
</tr>
<tr>
<td>Coal Tar Shampoo</td>
<td>3%</td>
</tr>
<tr>
<td>3% DHS Zinc Shampoo</td>
<td>3%</td>
</tr>
<tr>
<td>3% Dove Dermacare</td>
<td>1%</td>
</tr>
<tr>
<td>1% T/Sal</td>
<td>1%</td>
</tr>
<tr>
<td>1% Zincon</td>
<td>1%</td>
</tr>
</tbody>
</table>

Estimated recommendations per month: 863,359

**Antibacterial Soaps**

<table>
<thead>
<tr>
<th>Soap Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hibiclens</td>
<td>46%</td>
</tr>
<tr>
<td>pHisoderm</td>
<td>16%</td>
</tr>
<tr>
<td>Cetaphil</td>
<td>17%</td>
</tr>
<tr>
<td>Dial</td>
<td>17%</td>
</tr>
<tr>
<td>Softsoap</td>
<td>7%</td>
</tr>
<tr>
<td>Head &amp; Shoulders</td>
<td>25%</td>
</tr>
<tr>
<td>Selsun Blue</td>
<td>30%</td>
</tr>
<tr>
<td>Nizoral</td>
<td>30%</td>
</tr>
<tr>
<td>Dove</td>
<td>3%</td>
</tr>
<tr>
<td>Purpose</td>
<td>2%</td>
</tr>
</tbody>
</table>

Estimated recommendations per month: 1,137,023
**SUN BLISTERS**

**FACTS**
- Blisters contain a liquid called serum that comes from surrounding tissues.
- Sun blisters can happen on any exposed area of skin.
- Blisters on the lips after sun exposure are often a reactivation of the herpes simplex virus, which is very common.
- The deeper the blister, the more serious the damage, and it can last days or even weeks, depending on severity.
- Discoloration from a sun blister can last for weeks or even months.

**WHEN TO CALL A PHYSICIAN**
- If infection is a concern.
- When there is expanding redness or pus.
- If blisters are widespread.
- The patient has the chills or a fever.
- The patient faints or feels lightheaded.

**FIRST AID TIPS**
- Do not open or pop a blister. The top skin is a good natural bandage and can prevent infection.
- Apply cool compresses or cool water.
- Do not apply ice directly as it can irritate the skin.
- Topical anesthetic medications may cause irritation.
- Apply fragrance-free cream to blisters for relief.
- Topical steroids may not help sun blisters.
- Oral anti-inflammatories, such as ibuprofen, may be helpful if determined to be safe by a physician.

**Source:** MedStar Health

---

### Eczema Care/Relief Products

- **23% CeraVe**
- **10% Cortisone-10**
- **17% Eucerin**
- **12% Aveeno**
- **15% Aquaphor**
- **9% Cetaphil**
- **1% Neosporin Eczema Essentials**
- **1% La Roche-Posay**
- **1% MG217 Eczema**

Estimated recommendations per month: 1,220,611

---

### Incontinence-Related Skin Protectants

- **27% Calmoseptine**
- **17% Desitin**
- **15% A+D Ointment**
- **16% Aquaphor**
- **7% Boudreaux’s Butt Paste**
- **5% Eucerin**
- **5% Balmex**

Estimated recommendations per month: 995,420
Pharmacists' Recommendations

Hemorrhoidal Preparations
Estimated recommendations per month: 1,903,488
- 69% Preparation H
- 4% Amerisaine
- 2% Hyland’s
- 2% Major Prep

Therapeutic Skin Care, Cleansers
Estimated recommendations per month: 984,231
- 27% Cetaphil
- 21% Biore
- 17% Neutrogena
- 12% Eucerin
- 10% Aveeno
- 9% Olay
- 8% CeraVe
- 7% Neutrogena
- 6% Bioderma
- 4% Burt’s Bees
- 3% Zeasorb
- 3% Micatin
- 2% BioClear
- 2% La Roche-Posay
- 2% Dove
- 2% Clean & Clear

Jock Itch/Antifungal Products
Estimated recommendations per month: 1,197,710
- 52% Lotrimin
- 21% Tinecin
- 21% Lamisil AT
- 5% Fungicide
- 3% Zeasorb
- 2% Micatin
- 2% ProClearz

Lice Treatments
Estimated recommendations per month: 901,145
- 67% Nix
- 21% Lice MD
- 21% LiceGuard
- 5% Licefree
- 2% Lice Shield
- 2% Vamousse

Scar Treatments
Estimated recommendations per month: 601,163
- 66% Mederma
- 2% ScarAway
- 1% Bio-Oil
- 1% ScarGuard Repair Liquid
- 1% Scarguard
- 1% Neutrogena Stubborn Marks
- 1% ScarClear

Stretch Mark Treatments
Estimated recommendations per month: 716,279
- 38% Mederma Stretch Marks
- 24% Bio-Oil
- 15% Palmer’s Cocoa Butter Formula
- 12% SheaMoisture
- 4% Queen Helene Cocoa Butter Crème
- 3% Mustela Stretch Marks
IDENTIFYING POISONOUS PLANTS

POISON IVY

Eastern poison ivy is typically a hairy, ropelike vine with 3 shiny green (or red in the fall) leaves budding from 1 small stem.

Western poison ivy is typically a low shrub with 3 leaves that does not form a climbing vine.
May have yellow or green flowers and white to green-yellow or amber berries.

POISON OAK

Typically a shrub with leaves of 3, similar to poison ivy.

Pacific poison oak may be vinelike.
May have yellow or green flowers and clusters of green-yellow or white berries.

POISON SUMAC

Woody shrub that has stems that contain 7 to 13 leaves arranged in pairs.
May have glossy, pale yellow, or cream-colored berries.

Source: CDC.gov

---

Topical Poison Ivy/Oak Remedies

Pharmacists’ Recommendations

<table>
<thead>
<tr>
<th>Remedy</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zanfel</td>
<td>3%</td>
</tr>
<tr>
<td>Caladryl</td>
<td>21%</td>
</tr>
<tr>
<td>Aveeno</td>
<td>6%</td>
</tr>
<tr>
<td>Ivarest</td>
<td>7%</td>
</tr>
<tr>
<td>Domeboro</td>
<td>7%</td>
</tr>
<tr>
<td>Benadryl*</td>
<td>9%</td>
</tr>
<tr>
<td>Marigold</td>
<td>9%</td>
</tr>
<tr>
<td>Ivy-Dry</td>
<td>10%</td>
</tr>
<tr>
<td>Cortizone-10</td>
<td>13%</td>
</tr>
</tbody>
</table>

*topical

Estimated recommendations per month: 1,648,855

Homeopathic Topical Analgesics

Pharmacists’ Recommendations

<table>
<thead>
<tr>
<th>Remedy</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>MagniLife</td>
<td>2%</td>
</tr>
<tr>
<td>Curoxen First Aid</td>
<td>4%</td>
</tr>
<tr>
<td>4% Proceza</td>
<td>6%</td>
</tr>
<tr>
<td>Calendula Cream</td>
<td>50%</td>
</tr>
<tr>
<td>Arnitra Arnica gel</td>
<td>10%</td>
</tr>
<tr>
<td>Theraworx Relief</td>
<td>24%</td>
</tr>
<tr>
<td>Arnicare</td>
<td>44%</td>
</tr>
</tbody>
</table>

Estimated recommendations per month: 1,016,016

---
COLD SORES

are usually caused by herpes simplex virus type 1 and herpes simplex virus type 2.

by SARO ARAKELIANS, PHARMD

INSIGHT:

• Cold sores are tiny, fluid-filled blisters on and around your lips. These blisters are often grouped together in patches.
• After the blisters break, a scab forms that can last several days.
• Cold sores usually heal in 2 to 3 weeks without leaving a scar.
• Cold sores spread from person to person by close contact, such as kissing.
• They’re usually caused by herpes simplex virus type 1 and, less commonly, herpes simplex virus type 2.
• Symptoms include tingling, itching, blisters, oozing, and crusting.
• Treatment options may include acyclovir (Zovirax), valacyclovir (Valtrex), famciclovir, and penciclovir (Denavir).
• Other treatment options may include lip balms, applying cold compress, rest, and pain relievers.

COLD SORES, ALSO CALLED FEVER BLISTERS, ARE A COMMON VIRAL INFECTION.
Pharmacists’ Recommendations

**Foot Care Products**

- 20% Dr. Scholl’s
- 16% Gold Bond
- 11% Aveeno
- 11% Cetaphil
- 9% O’Keeffe’s for Healthy Feet
- 7% Biofreeze pain relieving foot cream
- 4% Curel
- 3% Zim’s Crack Creme
- 2% Kerasal
- 2% Odor-Eaters

Estimated recommendations per month: 869,084

**Hand Sanitizers**

- 57% Purell
- 21% Germ-X
- 11% Dial
- 10% Dr. Bronner’s
- 5% NatureWell
- 4% Safeguard
- 2% Suave
- 2% Soapbox
- 2% Vaseline Hand Sanitizer Lotion
- 1% Suave

Estimated recommendations per month: 2,916,923

**Insect Repellents**

- 39% Off
- 30% Cutter
- 12% Repel
- 10% Sun Bum
- 5% Ben’s Tick & Insect Repellent Wipes
- 5% Coleman Insect Repellent

Estimated recommendations per month: 620,769

**Sunscreen**

- 33% Neutrogena
- 7% CeraVe
- 7% Banana Boat
- 6% Hawaiian Tropic
- 5% Sun Bum
- 3% Cetaphil
- 3% Blue Lizard Australian Sunscreen
- 2% La Roche-Posay
- 2% Vanicream

Estimated recommendations per month: 805,814

---

**SUN SAFETY TIPS**

Stay in the shade, especially during late morning through midafternoon.

Can’t stay in the shade? Wear a long-sleeved shirt and pants to protect your skin.

Reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.

Source: CDC.gov
### Topicals

#### Acne Products

- **1% Peach Slices**
- **1% St. Ives**
- **1% AcneFree**

- **2% La Roche-Posay**
- **2% Thayers**
- **2% bye bye blemish**
- **2% Burt’s Bees**

- **5% Aveeno**
- **5% PanOxyl**
- **5% OXY**
- **5% Accosno**

- **6% Clean & Clear**
- **7% Clearasil**
- **11% CeraVe**
- **11% Neutrogena**

- **15% Cetaphil**
- **22% Differin Gel**

**Estimated recommendations per month:** 1,519,466

#### Toe/Foot Antifungal Products

- **1% Ting Foot and Jock Itch**
- **2% Silka Anti-fungal Cream**
- **2% Zeasorb**
- **2% ProClearz Maximum Strength**

- **2% Micatin**
- **5% Fungi-Nail**

- **9% Tinactin**
- **37% Lotrimin**

- **38% Lamisil**

**Estimated recommendations per month:** 1,701,527

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Skin cancer is the most common cancer in the United States and includes different types.

Even if it is cloudy and cool outside, sun protection is still needed. Ultraviolet rays, not the temperature, do the damage.

Unprotected skin can be damaged by the sun’s ultraviolet rays in as little as 15 minutes.

Anyone can get skin cancer, but some create a higher risk.

The most common signs of skin cancer are changes on the skin, such as a change in a mole, a new growth, or a sore that does not heal.

Source: CDC.gov

---

**Topical Analgesics**

Pharmacists' Recommendations

- 35% Voltaren Gel
- 1% Arnicare
- 5% Australian Dream
- 8% Capzasin
- 6% Icy Hot
- 6% BENGAY
- 7% Salonpas
- 13% Aspercreme
- 50% Biofreeze
- 2% Zim’s
- 2% Arnicare Gel
- 2% Australian Dream

Estimated recommendations per month: 2,185,878

---

**Topical Analgesics, Arthritis/Joint Pain**

Pharmacists' Recommendations

- 43% Voltaren Gel
- 2% Blue Emu
- 2% Boericke & Tafel
- 2% Tiger Balm
- 2% Theraworx Relief
- 1% Australian Dream
- 1% Australian Dream
- 1% Dr. Scholl’s Arthritis

- 7% Icy Hot
- 7% Capzasin
- 3% Thera-Gesic
- 4% Aspercreme
- 6% Salonpas
- 6% Salonpas
- 18% Biofreeze

Estimated recommendations per month: 1,798,837
Pharmacists' Recommendations

**Cold Sore Treatments**

Estimated recommendations per month: 1,090,698

- 32% Orajel
- 70% Abreva
- 5% Lip Clear Lysine + 3% Campho-Phenique
- 4% Blistex
- 5% Orajel
- 5% Carmex
- 12% Anbesol Cold Sore Therapy
- 70% Abreva

**Therapeutic Mouthwashes/Oral Rinses**

Estimated recommendations per month: 1,104,231

- 35% Biotène
- 7% TheraBreath
- 17% Cepacol
- 22% Scope
- 3% TheraBreath
- 2% Polident ProPartial
- 2% SmartMouth
- 2% hello
- 2% Swish by Colgate

**Cosmetic Mouthwashes/Oral Rinses**

Estimated recommendations per month: 1,217,308

- 42% Biotène
- 7% TheraBreath
- 23% Listerine
- 6% ACT
- 6% Colgate Peroxyl
- 3% Cepacol
- 5% Orajel Antiseptic Rinse
- 3% JASON Powersmile
- 4% Swish by Colgate

**Dry Mouth Therapy**

Estimated recommendations per month: 778,125

- 78% Biotène
- 5% XyliMelts
- 6% Act Dry Mouth
- 22% Scope
- 10% Crest Pro-Health
- 8% Colgate Total
- 3% Tom’s of Maine
- 5% Plax
- 2% hello

**Toothache Products**

Estimated recommendations per month: 745,420

- 59% Orajel
- 22% Anbesol
- 7% Red Cross Toothache Medication
- 6% DenTek Advanced Instant Pain Relief
- 6% Kank-A

**Canker Sore Treatments**

Estimated recommendations per month: 1,149,725

- 8% Zicactin-B
- 14% Gly-Oxide Oral Rinse
- 17% Kank-A
- 21% Anbesol
- 5% Orajel
- 5% Carmex
- 3% TheraBreath
- 2% Curoxen
- 5% GUM Canker-X
- 8% Zilactin-B
- 14% Gly-Oxide
- 17% Kank-A
- 21% Anbesol
- 5% Orajel
- 5% Carmex
- 3% TheraBreath
- 2% Curoxen
- 5% GUM Canker-X
- 8% Zilactin-B
- 14% Gly-Oxide
- 17% Kank-A
- 21% Anbesol
- 5% Orajel
- 5% Carmex
- 3% TheraBreath
- 2% Curoxen
- 5% GUM Canker-X
- 8% Zilactin-B
- 14% Gly-Oxide
- 17% Kank-A
- 21% Anbesol
- 5% Orajel
- 5% Carmex
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INSIGHT:
• The tongue is normally covered with pinkish-white, tiny bumps (papillae), which are fine, hairlike, short projections.
• With geographic tongue, patches on the surface of the tongue are missing papillae and appear as red, smooth “islands,” often with slightly raised borders.
• These patches, or lesions, give the tongue a geographic, or map-like, appearance.
• The lesions often heal in 1 area and then migrate to a different part of the tongue.

• Geographic tongue is also known as benign migratory glossitis.
• Symptoms include discomfort and pain; irregular, red, and smooth patches; and frequent changes in the location, shape, and size.
• Risk factors may include family history and fissured tongue.
• Treatment includes mouth rinses with anesthetics, antihistamines, and corticosteroids; OTC pain relievers; and vitamin B supplements.

PHARMACY CLINICAL PEARL

GEOGRAPHIC TONGUE
is an inflammatory but harmless condition affecting the surface of the tongue.

By SARO ARAKELIANS

Night Guards, Nocturnal Bruxism Management

Pharmacists’ Recommendations

- 44% Oral-B Nighttime Dental Guard
- 6% The Doctor’s NightGuard
- 6% Dentemp Ora-GUARD
- 13% SleepRight
- 20% DenTek
- 3% SmartGuard Elite Dental Guard
- 7% Plackers Grind No More

Estimated recommendations per month: 424,809

Toothpaste, General Use

Pharmacists’ Recommendations

- 36% Crest
- 27% Colgate
- 20% Sensodyne

Estimated recommendations per month: 1,411,812
Pharmacists' Recommendations

**Toothpaste, Sensitive Gums/Teeth**

- **74% Sensodyne**
- **3% Crest Sensitivity**
- **4% Tom's of Maine**
- **6% Arm & Hammer Sensitive Teeth & Gums**

Estimated recommendations per month: 2,324,419

**Menstrual Pain Relief**

- **36% Midal**
- **4% Tylenol**
- **5% Cora**

Estimated recommendations per month: 1,347,674

**Urinary Health**

- **74% AZO**
- **2% Unistat**
- **1% Theraworx Prostat u-pak**
- **1% Uricalm**

Estimated recommendations per month: 890,840

**Vaginal Moisturizers and Lubricants**

- **41% K-Y**
- **3% Good Clean Love**
- **2% Lubrigyn**
- **2% Luvena**
- **2% Mae**

Estimated recommendations per month: 686,538

**Women's Health/Menopause Supplements**

- **48% Estroven**
- **3% Amberan Multi-Symptom Menopause Relief**
- **17% One A Day Women's Menopause Formula**
- **5% Natrol Complete Balance Menopause Relief**

Estimated recommendations per month: 689,313

**Yeast Infection Prevention and Relief**

- **58% Monistat**
- **11% Florajen**
- **12% Vagisil**
- **2% ugra**

Estimated recommendations per month: 1,445,038
**FAMILY HEALTH HISTORY CHECKLIST**  
*Planning a Pregnancy*

- Gather family history information before seeing the doctor.
- Use the US Surgeon General’s online tool for collecting family histories, called “My Family Health Portrait.”
- Tell the physician about family members with a birth defect, chromosomal abnormality, developmental disability, genetic disease, newborn screening disorder, or other problem at birth or during infancy or childhood, especially if a previous pregnancy or child was affected by one of these conditions.
- Talk to those family members, if possible, to find out their specific diagnoses.
- Ask for a copy of their test results, if any, to share with the physician.
- Alert the physician about previous miscarriages, preterm (early) births, stillbirths, or children who died from sudden infant death syndrome.
- Follow the physician’s recommendations, which might, for example, include recommending that an individual who had a previous child or pregnancy affected by anencephaly or spina bifida take a higher-than-normal dose of the B vitamin, folic acid, before and during pregnancy.

*Source: CDC.gov*
Half of Parents Regularly Give Their Children Dietary Supplements, Poll Shows

By ASHLEY GALLAGHER

MORE THAN HALF OF PARENTS surveyed for the National Poll on Children’s Health conducted by CS Mott Children’s Hospital said that it is difficult to get their children to eat well-balanced diets, and half said their children regularly take supplements.

“A balanced diet helps children get the nutrients they need for healthy growth and development,” Sarah Clark, MPH, codirector at Mott, said in a statement. “Our poll finds that many turn to dietary supplements as a solution but may not always consult with a health provider.”

In addition, approximately one-third of parents said their children are picky, and another third said they don’t think their children eat enough fruits and vegetables.

Approximately 13% said that they worried their children were not getting enough of certain minerals and vitamins, and 9% said that their children needed more dietary fiber.

» Continued on page 42
The national survey included 1251 parents, each of whom had at least 1 child between the ages of 1 and 10 years.

Another potential barrier to good nutrition is cost. About half of parents agreed that it is more expensive to provide children with healthy diets than with supplements.

“We know that fresh, healthy foods can be more expensive than processed or packaged items that are often higher in sodium and added sugars,” Clark said. “This can make it especially frustrating for parents when children waste or refuse to eat healthy foods.”

More than three-fourths of parents said that they gave their kids multivitamins.

Approximately half said they had also given children probiotics, live bacteria and yeast that help digestion by providing good microbes in the gut.

More than one-fifth of parents said that they have given their children omega-3 supplements, a fatty acid that supports brain development and cell growth. But about one-third said their children have not taken them regularly.

Four in 5 of those who have given their children supplements said they chose products made specifically for children.

However, only approximately 2 in 5 parents said that they discussed supplement use with their children’s doctors.

“Dietary supplements are often intended to enhance the amount of vitamins children consume through a regular diet,” Clark said. “The use of dietary supplements in children is an important health decision to discuss with doctors.”

Parents in lower-income households were also less likely to talk about supplement use with their children’s physicians compared with those in higher-income households, according to the survey.

Because supplements are classified as food by the FDA, they don’t receive the same evaluation and review as medications, which results in limited research on their efficacy and safety, Clark said.

“To minimize the risks of supplement use, parents should share concerns about their child’s diet with a pediatrician who can help them identify the best strategies to improve the nutritional quality of their child’s diet and determine whether supplements are recommended,” she said.

REFERENCE
Half of parents regularly give kids a dietary supplement.
https://www.eurekalert.org/news-releases/949682
**VITAMINS AND DIETARY SUPPLEMENTS**

### Probiotic Dietary Supplements

**Pharmacists’ Recommendations**

**Estimated recommendations per month: 1,297,328**

- **28%** Florastor
- **22%** Culturelle
- **21%** Florajen
- **19%** Align Probiotic Supplement
- **18%** VSL#3
- **16%** Nature’s Bounty
- **15%** Schiff Digestive Advantage
- **12%** Nature Made
- **11%** Algin
- **10%** Probiotic pearls
- **7%** BioGaia
- **7%** Garden of Life
- **7%** Nature’s Way Alive!
- **6%** Enfamom Prenatal
- **5%** Rainbow Light
- **4%** Nature Made Prenatal
- **4%** BioGaia
- **3%** Phillips’ Colon Health
- **2%** Gastrointestinal
- **2%** Culturelle
- **1%** Schiff Digestive Advantage
- **1%** Airborne + Probiotic
- **1%** The Essential Prenatal
- **1%** Olly The Essential Prenatal
- **1%** Nature’s Essential Prenatal

### Prenatal Vitamins

**Pharmacists’ Recommendations**

**Estimated recommendations per month: 1,750,763**

- **36%** One A Day Prenatal
- **15%** Nature’s Bounty Prenatal
- **14%** Nature Made Prenatal
- **13%** Nature’s Way Prenatal
- **9%** Rainbow Light
- **7%** Phillips’ Colon Health
- **6%** Garden of Life
- **6%** Rainbow Light
- **5%** Phillips’ Colon Health
- **5%** Rainbow Light
- **4%** Phillips’ Colon Health
- **4%** Rainbow Light
- **3%** Phillips’ Colon Health
- **3%** Rainbow Light
- **2%** Phillips’ Colon Health
- **2%** Rainbow Light
- **1%** Phillips’ Colon Health
- **1%** Rainbow Light

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MUST-HAVES FOR a FIRST-AID KIT

The American Red Cross suggests that a first-aid kit for a family of 4 include the following items:

- A first-aid guide
- 1 breathing barrier (with one-way valve)
- 2 absorbent compress dressings (5 x 9 inches)
- 1 instant cold compress
- 25 adhesive bandages (assorted sizes)
- 2 pairs of nonlatex gloves (size: large)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 2 hydrocortisone ointment packets
- 5 antibiotic ointment packets
- 1 3-inch gauze roll (roller) bandage
- 5 antiseptic wipes
- Five 3 x 3-inch sterile gauze pads
- 2 packets of aspirin (81 mg each)
- 5 sterile gauze pads (4 x 4 inches)
- 1 emergency blanket
- A thermometer (non-mercury/non-glass)

Source: American Red Cross
Pharmacists' Recommendations

**Liquid Bandages**
Estimated recommendations per month: 371,495

- Curad
- FlexSEAL Spray
- Nexcare (60%)
- New-Skin (33%)
- Others (7%)

**Topical Anesthetics**
Estimated recommendations per month: 696,330

- Bactine (34%)
- Lanacane Spray (45%)
- Dermoplast (21%)
- Others (21%)

**Burn Treatments**
Estimated recommendations per month: 2,082,110

- Neosporin (35%)
- Bacitracin Plus (6%)
- Alocane (6%)
- Polysporin (7%)
- Others (11%)

**Sunburn Relief**
Estimated recommendations per month: 1,066,822

- Solarcaine (49%)
- Australian Gold (12%)
- Banana Boat (19%)
- Dermoplast (35%)
- Others (4%)

**Thermal Relief Products**
Estimated recommendations per month: 1,031,776

- Icy Hot Patch (25%)
- ThermaCare (39%)
- Salonpas (35%)
- Others (1%)

**Topical Antibiotics/Antiseptics**
Estimated recommendations per month: 833,491

- Bactine (45%)
- Betadine (21%)
- Lanacane Spray (14%)
- Others (7%)

**First Aid**
Children's Allergy
Pharmacists' Recommendations

- 34% Children's Claritin
- 15% Children's Dimetapp Cold and Allergy
- 16% Children's Benadryl
- 28% Children's Zyrtec Allergy Syrup
- 6% Children's Allegra Allergy

2% Children's Xyzal 1% Children's Flonase

Estimated recommendations per month: 1,575,000

Children's Analgesics
Pharmacists' Recommendations

- 60% Children's Tylenol
- 15% Children's Advil
- 22% Children's Motrin
- 14% Children's Delsym

1% DrKids

Estimated recommendations per month: 2,397,710

Children's Cough
Pharmacists' Recommendations

- 24% Children's Delsym
- 5% Vicks Children's Multi-symptom Cold Relief
- 13% Children's Mucinex
- 14% Children's Dimetapp

1% Hyland's 4 Kids Cough Syrup
2% Children's Chestal Honey

Estimated recommendations per month: 1,478,077

Children's Cough/Cold Combinations
Pharmacists' Recommendations

- 24% Children's Tylenol Cold + Cough + Runny Nose
- 6% Children's Mucinex
- 14% Children's Delsym
- 14% Children's Dimetapp

2% Children's Sudafed PE
2% Zarbee's Naturals
1% Hyland's 4 Kids Cold & Cough

Estimated recommendations per month: 3,010,305

Children's Homeopathic Cough Products
Pharmacists' Recommendations

- 66% Hyland's 4 Kids Cough Syrup
- 10% Similasan Kids
- 16% Children's Chestal Honey
- 8% Nature's Way Umcka ColdCare Kids

Estimated recommendations per month: 1,149,618

Infant Gas Products
Pharmacists' Recommendations

- 69% Infants' Mylicon Gas Relief
- 17% Little Remedies Gas Relief Drops
- 8% Hyland's BabyGas Drops

2% Mommy's Bliss Baby Gas Relief
2% Pediacare Gas Relief Drops

Estimated recommendations per month: 1,015,385
Pharmacists’ Recommendations

Diabetic Multivitamins
Estimated recommendations per month: 1,644,231

- 70% Nature Made
- 5% Doctor’s Choice for Diabetics
- 6% Multibieta
- 6% Alpha Betica

Diabetic Cough Products
Estimated recommendations per month: 2,458,397

- 50% Diabetic Tussin
- 28% Robitussin
- 11% Safetussin
- 8% Other
- 3% Scot-Tussin

Diabetic Foot Cream
Estimated recommendations per month: 946,154

- 31% Eucerin
- 30% CeraVe Diabetics’ Dry Skin Relief Hand and Foot Cream
- 14% Gold Bond Ultimate
- 11% O’Keeffe’s for Healthy Feet
- 5% Flexitol Heel Balm
- 5% Kerasal
- 4% Zim’s Crack Creme

Diabetic Neuropathy Products
Estimated recommendations per month: 1,330,233

- 36% Aspercreme with Lidocaine
- 28% Capozolin
- 20% Biofreeze
- 6% Diabetes Doctor Nerve Miracle
- 5% NeuropAWAY
- 5% Zostrix

Source: CDC.gov

Types of Insulin

<table>
<thead>
<tr>
<th>Insulin Type</th>
<th>Onset</th>
<th>Peak Time</th>
<th>Duration</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rapid-acting</td>
<td>15 minutes</td>
<td>1 hour</td>
<td>2 to 4 hours</td>
<td>Usually taken right before a meal. Often used with longer-acting insulin.</td>
</tr>
<tr>
<td>Rapid-acting inhaled</td>
<td>10 to 15 minutes</td>
<td>30 minutes</td>
<td>3 hours</td>
<td>Usually taken right before a meal. Often used with injectable long-acting insulin.</td>
</tr>
<tr>
<td>Regular/short-acting</td>
<td>30 minutes</td>
<td>2 to 3 hours</td>
<td>3 to 6 hours</td>
<td>Usually taken 30 to 60 minutes before a meal.</td>
</tr>
<tr>
<td>Intermediate-acting</td>
<td>2 to 4 hours</td>
<td>4 to 12 hours</td>
<td>12 to 18 hours</td>
<td>Covers insulin needs for half a day or overnight. Often used with rapid- or short-acting insulin.</td>
</tr>
<tr>
<td>Long-acting</td>
<td>2 hours</td>
<td>Does not peak</td>
<td>Up to 24 hours</td>
<td>Covers insulin needs for approximately 24 hours. Often used with rapid- or short-acting insulin when needed.</td>
</tr>
<tr>
<td>Ultra-long-acting</td>
<td>6 hours</td>
<td>Does not peak</td>
<td>36 hours or longer</td>
<td>Provides steady insulin for long periods.</td>
</tr>
<tr>
<td>Premixed</td>
<td>5 to 60 minutes</td>
<td>Peaks vary</td>
<td>10 to 16 hours</td>
<td>Combines intermediate- and short-acting insulin. Usually taken 10 to 30 minutes before breakfast and dinner.</td>
</tr>
</tbody>
</table>

Source: CDC.gov

**Types of Insulin**

<table>
<thead>
<tr>
<th>Insulin Type</th>
<th>Onset</th>
<th>Peak Time</th>
<th>Duration</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rapid-acting</td>
<td>15 minutes</td>
<td>1 hour</td>
<td>2 to 4 hours</td>
<td>Usually taken right before a meal. Often used with longer-acting insulin.</td>
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<tr>
<td>Rapid-acting inhaled</td>
<td>10 to 15 minutes</td>
<td>30 minutes</td>
<td>3 hours</td>
<td>Usually taken right before a meal. Often used with injectable long-acting insulin.</td>
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<tr>
<td>Regular/short-acting</td>
<td>30 minutes</td>
<td>2 to 3 hours</td>
<td>3 to 6 hours</td>
<td>Usually taken 30 to 60 minutes before a meal.</td>
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<tr>
<td>Intermediate-acting</td>
<td>2 to 4 hours</td>
<td>4 to 12 hours</td>
<td>12 to 18 hours</td>
<td>Covers insulin needs for half a day or overnight. Often used with rapid- or short-acting insulin.</td>
</tr>
<tr>
<td>Long-acting</td>
<td>2 hours</td>
<td>Does not peak</td>
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<td>Combines intermediate- and short-acting insulin. Usually taken 10 to 30 minutes before breakfast and dinner.</td>
</tr>
</tbody>
</table>

Source: CDC.gov
Pharmacists’ Recommendations

**Blood Sampling Devices/Lancets**
- Estimated recommendations per month: 864,231

- LifeScan: 2%
- Bayer Microlet 2: 2%
- True Metrix: 15%
- Accu-Chek: 16%
- FreeStyle: 24%
- OneTouch: 41%

**In-Home Drug Testing**
- Estimated recommendations per month: 896,538

- Reveal: 5%
- DrugConfirm: 14%
- At Home: 40%
- First Check: 41%

**Blood Pressure Monitors**
- Estimated recommendations per month: 908,077

- HoMedics: 6%
- LifeSource: 18%
- Omron: 76%

**Digital Thermometers**
- Estimated recommendations per month: 3,231,298

- MOBI: 1%
- Exergen: 11%
- Vicks: 14%
- 3M: 14%
- Braun ThermoScan: 26%
- Braun: 26%
- Futuro: 34%
- Omron: 34%

**Joint Support/Braces**
- Estimated recommendations per month: 864,231

- Mueller: 7%
- FLA Orthopedics: 7%
- Future: 36%
- ACE: 50%

**Support Hosiery**
- Estimated recommendations per month: 925,191

- FLA Activa: 4%
- Sigvaris: 2%
- FLA Activa: 15%
- ACE: 16%
- T.E.D.: 18%
- JOBST: 19%
- Dr. Scholl’s: 19%

**In-Home Drug Testing**
- Estimated recommendations per month: 1,824,046

- Reveal: 5%
- DrugConfirm: 14%
- At Home: 40%
- First Check: 41%
Pharmacists' Recommendations

Motion Sickness Remedies
Estimated recommendations per month: 2,175,573

Estimated recommendations per month: 2,361,923

Leg Cramp Relief
Estimated recommendations per month: 746,538

Motion Sickness Remedies

Estimated recommendations per month: 1,603,053

Sleep Aids
Estimated recommendations per month: 954,962

Smoking Cessation Aids
Estimated recommendations per month: 637,786
Pharmacists' Recommendations
Contact Lens Solutions, Hydrogen Peroxide–based
Estimated recommendations per month: 1,283,077

Pharmacists' Recommendations
Contact Lens Solutions, Saline
Estimated recommendations per month: 1,486,260

Pharmacists' Recommendations
Ophthalmic Antihistamines/Decongestants
Estimated recommendations per month: 1,062,692

Pharmacists' Recommendations
Ear Wax Removal
Estimated recommendations per month: 1,062,692

Pharmacists' Recommendations
Saline Nasal Moisturizers
Estimated recommendations per month: 2,594,656

Pharmacists' Recommendations
Snore Aids
Estimated recommendations per month: 1,473,664

EENT, Eye, Ear, Nose, and Throat.
Antibiotics Are Often Prescribed for Sore Throats Without a Diagnostic Test

By ASHLEY GALLAGHER

DESPITE BEST PRACTICE RECOMMENDATIONS, antibiotics continue to often be prescribed without a streptococcal antigen test or culture, results from a study by Epic Research show.¹

This trend has been going on since before the start of the COVID-19 pandemic and is the cause of both in-person and telehealth visits, Epic Research said in a statement.¹

The instances in which antibiotics were prescribed without testing increased from 50.7% to 53.0% (for office visits), 72.6% to 85.5% (telephone visits), and 77.9% to 86.8% (urgent-care visits). The percentage of telehealth encounters during which antibiotics were prescribed without testing increased from 90.6% to 98.3%.

The surge in telehealth use during the pandemic might have contributed to this increase because telehealth was often used interchangeably with telephone and urgent-care visits, according to Epic Research.¹

The data could also be influenced by changes related to the overall decrease in communicable infections while people were sheltering in place, distancing socially, and wearing masks, according to Epic Research.¹ Overall, both before and during the pandemic, the rate of antibiotic prescriptions given for sore throats without an accompanying strep test was alarmingly high, which raises concerns about future antimicrobial resistance, according to Epic Research.¹ Sore throats can be caused by bacteria or viruses, and about 50% to 70% of those cases are treated with antibiotics.²

However, antibiotics do not help when a sore throat has viral origins, so rapid antigen tests to determine cause would be extremely useful. Administering the antigen tests would also help physicians properly diagnose sore throats and prescribe medication. Based on data from multiple trials, there was a significant reduction in prescribed antibiotics when a rapid test was used.²

A rapid antigen test should be ordered for individuals who have a modified Centor or FeverPAIN score of 2 or 3 to help diagnose group A beta-hemolytic streptococcal (GABHS) infection, according to results published in American Family Physician.³ GABHS infections cause about 5% to 15% of sore throats in adults and 15% to 30% in children.¹

It is recommended that physicians diagnose infection by combining the modified Centor or FeverPAIN test with the rapid antigen detection test before prescribing an antibiotic. ■

REFERENCES


Sore Throat Products

Pharmacists’ Recommendations

- Cepacol (26%)
- Sucrets (6%)
- Cepastat (7%)
- Fisherman’s Friend (12%)
- HALLS (13%)
- Chloraseptic (21%)
- Ricola (13%)
- Zarbee’s Honey Cough Soothers (4%)
- VapoCool Sore Throat (3%)
- Luden’s (2%)

Estimated recommendations per month: 1,820,930

Ear Pain Relief

Pharmacists’ Recommendations

- Similasan (39%)
- Hyland’s Earache Tablets/Drops (27%)
- Polysporin Plus Pain Relief (24%)
- ClearPop Rapid Earache Relief (5%)

Estimated recommendations per month: 1,414,122

EENT, Eye, Ear, Nose, and Throat.
Antibiotics do not help when a sore throat has viral origins, so rapid antigen tests would be extremely useful to determine the cause of acute pharyngitis.
Caffeine and Chocolate Consumption May Trigger Migraines

By Davy James

Consuming caffeine and chocolate may trigger attacks among a significant proportion of young adults with migraines, according to the results of a study published in Cureus.1

The research, conducted among female students and employees of King Saud bin Abdulaziz University for Health Sciences (KSAU-HS) in Jeddah, Saudi Arabia, sought to evaluate an association between migraines and the food served on campus.

The authors noted that lifestyle-related factors can significantly increase the chance of developing migraines, as some constituents of food may induce the release of vasoactive substances that cause blood vessels to dilate and result in migraines.

They also noted that recent changes in the dietary habits of

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Oral Pain Relievers, Adult

Pharmacists’ Recommendations

- 6% Zilactin-B
- 6% Gly-Oxide
- 6% Kank-A
- 11% Anbesol
- 64% Orajel
- 2% Campho-Phenique
- 2% Dentek Instant Pain Relief
- 2% GUM Canker-X Pain Relief Gel

Estimated recommendations per month: 1,916,279

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Sleep Aid/Analgesic Combination Products

Pharmacists’ Recommendations

- 66% Tylenol PM
- 11% Advil PM
- 10% Advil PM
- 4% Hyland’s Flexmore PM

Estimated recommendations per month: 1,046,512
the cohort, trending toward consumption of coffee and other tyramine-rich foods, have had a negative impact on productivity because of a greater frequency of migraine attacks.

The prevalence of migraines in Saudi Arabia is 26.9%, with a male-to-female ratio of 1:2.9, according to the study authors. The investigators used 2 questionnaires, the first of which surveyed participants about the characteristics of their headaches. Those who met the International Classification of Headache Disorders (ICDH-III) criteria for migraines were given a second questionnaire to analyze the characteristics of their migraines as well as aggravating factors related to diet and lifestyle.

The survey population included 352 students and 58 faculty members. Results showed that 165 out of 410 (40.24%) achieved the criteria for migraines. Of those 165, 7.8% of participants reported a significant association between caffeine and headaches, and 2 (2.2%) reported an association between chocolate and headaches.

The results showed a higher incidence of migraine among university employees (48.28%) than students (38.92%), which the authors said may be attributable to increased responsibilities and work-related stressors.

The only foods reported to trigger migraines were chocolate and caffeinated beverages, with approximately 10% of participants indicating a link between caffeine and chocolate consumption. Only 2.2% of participants indicated that chocolate triggered a headache, whereas 7.8% indicated that caffeine caused their headaches. There was no association observed between migraine attacks and citrus fruits, pickles, cheese, or other dairy products.

“Migraine may represent underrated social and economic burdens entailing absenteeism, excessive medical costs, and impaired quality of life,” the authors wrote, concluding that “the recent shift in dietary habits in our community... [toward] excessive consumption of coffee and other tyramine-rich food items has negative consequences on productivity and the economy. Our results can be conceivably extrapolated to reflect the effect of dietary habits on other streams of society, including companies, firms, schools, and workplaces that are consumed by the new dietary trends,” they concluded.

REFERENCE
CATEGORIES WITH PRODUCTS THAT WON WITH 50% OR MORE

- **Cough/Cold/Allergy**
  - 79% Decongestants, Nasal Spray: Afrin
  - 76% Expectorants: Mucinex
  - 59% Zinc Cold Remedies: Zicam
  - 51% Decongestants, Oral (Abuse-deterrent): Zephrex-D
  - 81% Topical Vapor Therapy: Vicks (VapoRub, VapoCream or VapoPatch)

- **Gastrointestinal**
  - 58% Antacids: Tums
  - 85% Antidiarrheals: Imodium
  - 69% Antiflatulence Products: Gas-X
  - 78% H2-Receptor Antagonists: Pepcid
  - 81% Lactose Intolerance Products: Lactaid
  - 64% Laxatives, Nonfiber: MiraLAX
  - 51% Laxatives, Stimulant: Dulcolax
  - 56% Stool Softeners: Colace
  - 78% Anti-flatulence Products: Gas-X
  - 78% H2-Receptor Antagonists: Pepcid

- **Topicals**
  - 57% Hand Sanitizers: Purell
  - 69% Hemorrhoidal Preparations: Preparation H
  - 52% Jock Itch/Antifungal Products: Lotrimin
  - 67% Lice Treatments: Nix
  - 66% Scar Treatments: Mederma
  - 59% Wart Removers: Compound W

- **Oral Care**
  - 70% Cold Sore Treatments: Abreva
  - 78% Dry Mouth Therapy: Biotène
  - 59% Toothache Products: Orajel
  - 74% Toothpaste, Sensitive Gums/Teeth: Sensodyne

- **Women’s Health**
  - 58% Yeast Infection Prevention and Relief: Monistat
  - 74% Urinary Health: AZO

- **Family Planning**
  - 66% Emergency Contraception: Plan B One-Step
  - 86% Fertility Aids: Clearblue Ovulation Test

- **Vitamins and Supplements**
  - 61% Joint Health: Osteo Bi-Flex
  - 57% Coenzyme Q10 Supplements: Nature Made
  - 65% Cranberry Supplements: AZO Cranberry
  - 50% Fiber Supplements: Metamucil
  - 50% Herbal Supplement Brand: Nature Made
  - 53% “Letter” Vitamin Brand: Nature Made
  - 55% Ocular Nutritional Supplements: PreserVision
  - 51% Hydration Support: Pedialyte
  - 61% Memory Support: Prevagen

- **First Aid**
  - 60% Liquid Bandages: New-Skin
  - 64% Topical Antibiotics/Antiseptics: NEOSPORIN

- **Pediatrics**
  - 60% Children’s Analgesics: Children’s Tylenol
  - 66% Children’s Homeopathic Cough Products: Hyland’s 4 Kids Cough Syrup
  - 73% Children’s Motion Sickness Products: Dramamine for Kids
  - 72% Children’s Topical Cough Suppressants, Ointments: Vicks VapoRub
  - 69% Infant Gas Products: Infants’ Mylicon Gas Relief

- **Durable Goods**
  - 50% Joint Support/Braces: ACE

- **Diabetic Health Care**
  - 50% Diabetic Cough Products: Diabetic Tussin
  - 70% Diabetic Multivitamins: Nature Made

- **Diagnostics**
  - 76% Blood Pressure Monitors: Omron

- **Other**
  - 51% Aspirin, Recurrent Heart Attack/Stroke Prevention: Bayer Aspirin
  - 55% Smoking Cessation Aids: NicoDerm CQ Patch

- **EENT**
  - 84% Ear Wax Removal: Debrox
  - 91% Snore Aids: Breathe Right
  - 69% Contact Lens Solutions, Hydrogen Peroxide-based: Clear Care

- **Pain/Inflammation**
  - 63% Migraine Headache Products: Excedrin Migraine
  - 64% Oral Pain Relievers, Adult: Orajel
  - 74% Transcutaneous Electrical Nerve Stimulation Products: OMRON Electrotherapy TENS Pain Relief Device
  - 66% Sleep Aid/Analgesic Combination Products: Tylenol PM

EENT, Eye, Ear, Nose, and Throat.
<table>
<thead>
<tr>
<th>Master Circle</th>
<th>Index</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bayer</td>
<td>55</td>
</tr>
<tr>
<td>Aspirin</td>
<td></td>
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<tr>
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<td>21</td>
</tr>
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</tr>
<tr>
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<td>21</td>
</tr>
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<tr>
<td>Calmoseptine</td>
<td>47</td>
</tr>
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<tr>
<td>Carma</td>
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<td>Carmex</td>
<td>23</td>
</tr>
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<td>Church</td>
<td>57</td>
</tr>
<tr>
<td>&amp; Dwight</td>
<td></td>
</tr>
<tr>
<td>Simply Saline</td>
<td></td>
</tr>
<tr>
<td>Florajen</td>
<td>43</td>
</tr>
<tr>
<td>Probiotics</td>
<td></td>
</tr>
<tr>
<td>Florastor</td>
<td>47</td>
</tr>
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<td>Daily Probiotic Supplement</td>
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<td>Foundation</td>
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</tr>
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<td></td>
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<tr>
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<td>Galderma</td>
<td>19</td>
</tr>
<tr>
<td>Laboratories</td>
<td></td>
</tr>
<tr>
<td>Cetaphil</td>
<td></td>
</tr>
<tr>
<td>Differin</td>
<td>27</td>
</tr>
<tr>
<td>Johnson &amp; Johnson</td>
<td>25</td>
</tr>
<tr>
<td>Consumer</td>
<td></td>
</tr>
<tr>
<td>Neutrogena</td>
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</tr>
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</tr>
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<td></td>
</tr>
<tr>
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</tr>
<tr>
<td>Mölnlycke</td>
<td>15</td>
</tr>
<tr>
<td>Hibiclens</td>
<td></td>
</tr>
<tr>
<td>Performance</td>
<td>29</td>
</tr>
<tr>
<td>Health</td>
<td></td>
</tr>
<tr>
<td>Biofreeze</td>
<td></td>
</tr>
<tr>
<td>Pharmavite</td>
<td>39</td>
</tr>
<tr>
<td>Nature Made</td>
<td></td>
</tr>
<tr>
<td>PDG</td>
<td>48</td>
</tr>
<tr>
<td>Corporate</td>
<td></td>
</tr>
<tr>
<td>Back Cover</td>
<td></td>
</tr>
<tr>
<td>Sambucol</td>
<td>41</td>
</tr>
<tr>
<td>Black Elderberry</td>
<td></td>
</tr>
<tr>
<td>Similasan</td>
<td>59</td>
</tr>
<tr>
<td>Earache Relief</td>
<td></td>
</tr>
<tr>
<td>The Nature's Bounty Co</td>
<td>39</td>
</tr>
<tr>
<td>Osteo Bi-Flex</td>
<td></td>
</tr>
<tr>
<td>Quincy Bioscience</td>
<td>45</td>
</tr>
<tr>
<td>Prevagen</td>
<td></td>
</tr>
<tr>
<td>Night Guards, Nocturnal Bruxism</td>
<td>32</td>
</tr>
<tr>
<td>Management</td>
<td></td>
</tr>
<tr>
<td>Nutritional Supplements</td>
<td>44</td>
</tr>
<tr>
<td>Ocular Nutritional Supplements</td>
<td>44</td>
</tr>
<tr>
<td>Omega-3/Fish Oil Supplements</td>
<td>38</td>
</tr>
<tr>
<td>Ophthalmic Antihistamines/Decongestants</td>
<td>56</td>
</tr>
<tr>
<td>Oral Anti-Inflammatory Products</td>
<td>60</td>
</tr>
<tr>
<td>Oral Arthritis Pain Relievers</td>
<td>60</td>
</tr>
<tr>
<td>Oral Pain Relievers, Adult</td>
<td>62</td>
</tr>
<tr>
<td>Pregnancy Testing</td>
<td>34</td>
</tr>
<tr>
<td>Prenatal Vitamins</td>
<td>46</td>
</tr>
<tr>
<td>Probiotic Dietary Supplements</td>
<td>46</td>
</tr>
<tr>
<td>Proton Pump Inhibitors</td>
<td>13</td>
</tr>
<tr>
<td>Saline Nasal Moisturizers</td>
<td>56</td>
</tr>
<tr>
<td>Scar Treatments</td>
<td>18</td>
</tr>
<tr>
<td>Sleep Aid/Analgescic Combination Products</td>
<td>62</td>
</tr>
<tr>
<td>Sleep Aids</td>
<td>54</td>
</tr>
<tr>
<td>Smoking Cessation Aids</td>
<td>54</td>
</tr>
<tr>
<td>Snore Aids</td>
<td>56</td>
</tr>
<tr>
<td>Sore Throat Products</td>
<td>58</td>
</tr>
<tr>
<td>Stool Softeners</td>
<td>13</td>
</tr>
<tr>
<td>Stretch Mark Treatments</td>
<td>18</td>
</tr>
<tr>
<td>Sunburn Relief</td>
<td>49</td>
</tr>
<tr>
<td>Sunscreen</td>
<td>24</td>
</tr>
<tr>
<td>Support Hosery</td>
<td>53</td>
</tr>
<tr>
<td>Therapeutic Mouthwashes/Oraj Rinses</td>
<td>30</td>
</tr>
<tr>
<td>Therapeutic Skin Care, Cleansers</td>
<td>18</td>
</tr>
<tr>
<td>Therapeutic Skin Care, Moisturizers</td>
<td>22</td>
</tr>
<tr>
<td>Thermal Relief Products</td>
<td>49</td>
</tr>
<tr>
<td>Toe/Foot Antifungal Products</td>
<td>26</td>
</tr>
<tr>
<td>Toothache Products</td>
<td>30</td>
</tr>
<tr>
<td>Toothpaste, General Use</td>
<td>32</td>
</tr>
<tr>
<td>Toothpaste, Sensitive Gums/Teeth</td>
<td>33</td>
</tr>
<tr>
<td>Topical Analgesics</td>
<td>28</td>
</tr>
<tr>
<td>Topical Analgesics, Arthritis/Joint Pain</td>
<td>28</td>
</tr>
<tr>
<td>Topical Analgesics, Arthritis/Neuropathy</td>
<td>49</td>
</tr>
<tr>
<td>Topical Analgesics, Antidepressants</td>
<td>49</td>
</tr>
<tr>
<td>Topical Analgesics, Antidepressants, Antihistamines</td>
<td>56</td>
</tr>
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</tr>
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<tr>
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<td>63</td>
</tr>
<tr>
<td>Topical Analgesics, Antidepressants, Antihistamines, Decongestants, Nasal Spray, Oral Rinse, Topical Products, Transdermal Products, Stimulation (TENS) Products, Upset Stomach Remedies</td>
<td>13</td>
</tr>
<tr>
<td>Topical Analgesics, Antidepressants, Antihistamines, Decongestants, Nasal Spray, Oral Rinse, Topical Products, Transdermal Products, Stimulation (TENS) Products, Upset Stomach Remedies, Urinary Health</td>
<td>33</td>
</tr>
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<td>Topical Analgesics, Antidepressants, Antihistamines, Decongestants, Nasal Spray, Oral Rinse, Topical Products, Transdermal Products, Stimulation (TENS) Products, Upset Stomach Remedies, Urinary Health, Vaginal Moisturizers and Lubricants</td>
<td>33</td>
</tr>
<tr>
<td>Topical Analgesics, Antidepressants, Antihistamines, Decongestants, Nasal Spray, Oral Rinse, Topical Products, Transdermal Products, Stimulation (TENS) Products, Upset Stomach Remedies, Urinary Health, Vaginal Moisturizers and Lubricants, Wart Removers</td>
<td>33</td>
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<tr>
<td>Topical Analgesics, Antidepressants, Antihistamines, Decongestants, Nasal Spray, Oral Rinse, Topical Products, Transdermal Products, Stimulation (TENS) Products, Upset Stomach Remedies, Urinary Health, Vaginal Moisturizers and Lubricants, Wart Removers, Women's Health/Menopause Supplements</td>
<td>33</td>
</tr>
<tr>
<td>Topical Analgesics, Antidepressants, Antihistamines, Decongestants, Nasal Spray, Oral Rinse, Topical Products, Transdermal Products, Stimulation (TENS) Products, Upset Stomach Remedies, Urinary Health, Vaginal Moisturizers and Lubricants, Wart Removers, Women's Health/Menopause Supplements, Yeast Infection Prevention and Relief</td>
<td>33</td>
</tr>
<tr>
<td>Topical Analgesics, Antidepressants, Antihistamines, Decongestants, Nasal Spray, Oral Rinse, Topical Products, Transdermal Products, Stimulation (TENS) Products, Upset Stomach Remedies, Urinary Health, Vaginal Moisturizers and Lubricants, Wart Removers, Women's Health/Menopause Supplements, Yeast Infection Prevention and Relief, Zinc Cold Remedies</td>
<td>7</td>
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<tr>
<td>Topical Analgesics, Antidepressants, Antihistamines, Decongestants, Nasal Spray, Oral Rinse, Topical Products, Transdermal Products, Stimulation (TENS) Products, Upset Stomach Remedies, Urinary Health, Vaginal Moisturizers and Lubricants, Wart Removers, Women's Health/Menopause Supplements, Yeast Infection Prevention and Relief, Zinc Cold Remedies, Zinc Lozenges</td>
<td>7</td>
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