

# FIGHT SYMPTOMS, *your* WAY

While over-the-counter (OTC) cough and cold medicines will not make viruses go away faster, they can help you feel better. Here's a chart showing cold and flu symptoms and the ingredients found in several OTC medicines that can relieve those symptoms:

SYMPTOM	Active Ingredients	 TYLENOL® Cold + Flu Severe Day/Night Caplets	 TYLENOL® Cold + Flu Severe Warming Honey Lemon Liquid	 TYLENOL® Cold Max Daytime Caplets	 TYLENOL® Extra Strength Caplets	 SUDAFED® CONGESTION Tablets
	Use products only as directed.					
PAIN OR FEVER	<b>Acetaminophen (analgesic/antipyretic)</b> Temporarily relieves minor aches and pains	●	●	●	●	
COUGH	<b>Dextromethorphan HBr (antitussive)</b> Temporarily quiets coughs	●	●	●		
MUCUS	<b>Guaifenesin (expectorant)</b> Helps relieve chest congestion	●	●			
STUFFY NOSE	<b>Phenylephrine HCl (decongestant)</b> Helps clear sinus congestion	●	●	●		
STUFFY NOSE	<b>Pseudoephedrine (decongestant)</b> Helps clear sinus congestion					●



## COLD FIGHTING TIP

Many cold and flu medications share the same ingredients. To be sure you're using them safely, read the labels and **take ONLY 1** medicine containing the same kind of active ingredient at a time. Learn more at [GetReliefResponsibly.com](http://GetReliefResponsibly.com)