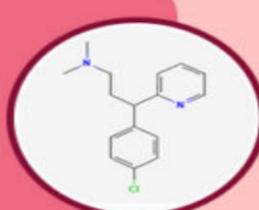


INGREDIENTS THAT MAY BE

UNSAFE FOR A PREGNANT WOMAN

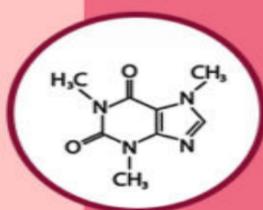
Chlorpheniramine or Brompheniramine

Not recommended after 36 weeks of pregnancy. Use with caution before that.



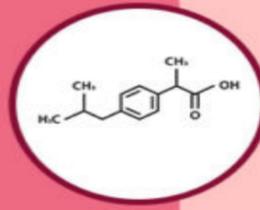
Caffeine

May be present in cold and cough medications. Total daily caffeine intake should not exceed 200 milligrams.



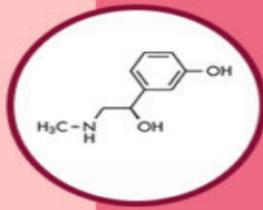
Ibuprofen

Not recommended in the first and third trimesters. Use with caution in the second trimester.



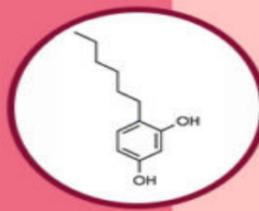
Phenylephrine and Pseudoephedrine

Not recommended in the first trimester. Use with caution in the second and third trimester.



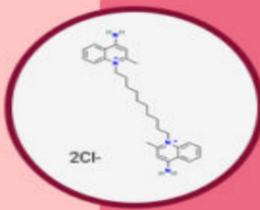
Hexylresorcinol

Component of throat lozenges. Should be used with caution in pregnant women.



Dequalinium Chloride

Antiseptic in throat lozenges. Use only under medical supervision



References

- 1 10 Over-The-Counter Drugs to Avoid During Pregnancy; Consumer Reports
- 2 Category IV Monograph: Throat Lozenges; Government of Canada
- 3 Strepsils Extra Blackcurrant Lozenges; HPRA
- 4 Decatylen lozenges; FDA Ghana