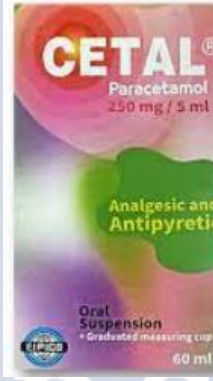


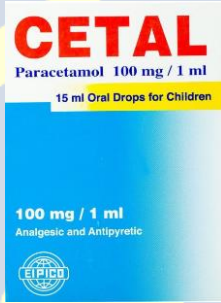
# Cold & Flu Drugs

## Doses

- Fever – Headache – Body aches

Analgesics – Antipyretics – Anti- Inflammmtories

| Drug          | Dosage Form | Age                 | Dose                   | Image                                                                                 |
|---------------|-------------|---------------------|------------------------|---------------------------------------------------------------------------------------|
| Paracetamol   |             |                     |                        |                                                                                       |
| Panadol 500mg | Tab         | Adults              | 2 tabs / 6 hours / Day |    |
| Doliprane 1GM | Tab         |                     | 1 tab / 6 hours / Day  |   |
| Doliprane 1GM | Sachets     |                     | 1 tab / 6 hours / Day  |  |
| Cetal         | Syrup       | Children 2-8        | 5 ML / 6 hours / Day   |  |
|               |             | Children 8-10       | 7.5 ML / 6 hours / Day |                                                                                       |
|               |             | Children 10-12      | 10 ML / 6 hours / Day  |                                                                                       |
|               |             | Children 12-16      | 15 ML / 6 hours / Day  |                                                                                       |
|               | Supp        | Children 1- 5 years | 1 Supp / 6 hours / Day |                                                                                       |

|                   |       |                             |                          |                                                                                       |
|-------------------|-------|-----------------------------|--------------------------|---------------------------------------------------------------------------------------|
|                   |       | Children > 5 years          | 2 Supp / 6 hours / Day   |    |
|                   | Drops | Babies 1- 6 months          | 20 drops / 6 hours / Day |    |
| Ibuprofen         |       |                             |                          |                                                                                       |
| Brufen 400        | Tab   | Adults                      | 1 tab / 8 hours / Day    |    |
|                   | Syrup | Children 3 months – 2 years | 2.5 ML / 8 hours / Day   |  |
|                   |       | Children 2 years – 7 years  | 5 ML / 8 hours / Day     |                                                                                       |
|                   |       | Children 8 years – 12 years | 10 ML / 8 hours / Day    |                                                                                       |
| Ketoprofen        |       |                             |                          |                                                                                       |
| Bi- Alcofan 150mg | Tab   | Adults                      | 1-2 tabs/day             |  |
| Ketofan           | Amp   |                             | Once needed              |  |
| Diclofenac Na     |       |                             |                          |                                                                                       |
| Diclac 75mg       | Tab   | Adults                      | 1 tab / 12 hours/day     |  |

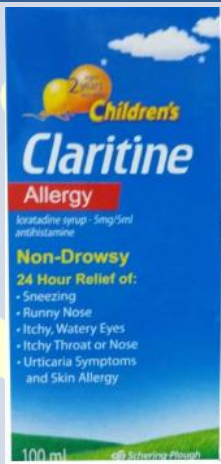
|                 |      |                             |                     |                                                                                       |
|-----------------|------|-----------------------------|---------------------|---------------------------------------------------------------------------------------|
| Voltaren        | AMP  |                             | Once needed         |    |
|                 | Supp |                             | Once needed         |    |
| Dolphin 12.5 mg | Supp | Children 6 years – 12 years | Once daily          |    |
| Dolphin 25 mg   | Supp | Children > 12 years         | Once daily          |   |
| Diclofenac K    |      |                             |                     |                                                                                       |
| Cataflam 50 mg  | Tab  | Adults                      | 1 tab / 8 hours/day |  |
|                 | Amp  |                             | Once needed         |  |

|                 |         |                    |                          |                                                                                       |
|-----------------|---------|--------------------|--------------------------|---------------------------------------------------------------------------------------|
| Catafly         | Syrup   | Children > 6 years | 5 ml / 8 hours/day       |    |
| Catafast        | Sachets | Adults             | 1 sachet / 8 hours / day |    |
| Celecoxib       |         |                    |                          |                                                                                       |
| Celebrex 200 mg | Tab     | Adults             | 1 tab / 12 hours/day     |   |
| Meloxicam       |         |                    |                          |                                                                                       |
| Mobic 15 mg     | Tab     | Adults             | Once daily               |  |
|                 | Amp     |                    |                          |  |

- Nasal Itching – Congestion – Rhinorrhea – Allergic Rhinitis

## Anti Histamines

| Drug             | Dosage Form | Age                  | Dose                | Image                                                                                 |
|------------------|-------------|----------------------|---------------------|---------------------------------------------------------------------------------------|
| Chlorpheniramine |             |                      |                     |                                                                                       |
| Anallerge 4 mg   | Tab         | Adults               | 1 tab / 8 hours/day |    |
| Avil             | Amp         |                      | Once needed         |    |
| Citrizine        |             |                      |                     |                                                                                       |
| Zyrtec           | Tab         | Adults               | Once daily          |   |
|                  | Syrup       | Children 2-6 years   | 5 ml once daily     |  |
|                  |             | Children 6 -12 years | 7 ml once daily     |                                                                                       |
|                  | Drops       | Children 2-6 years   | 10 drops once daily |                                                                                       |

|                 |       |                      |                     |                                                                                       |
|-----------------|-------|----------------------|---------------------|---------------------------------------------------------------------------------------|
|                 |       | Children 6 -12 years | 15 drops once daily |    |
| Loratidine      |       |                      |                     |                                                                                       |
| Claritine       | Tab   | Adults               | Once daily          |    |
|                 | Syrup | Children 2-6 years   | 5 ml once daily     |   |
|                 |       | Children 6 -12 years | 7 ml once daily     |                                                                                       |
| Levo-cetirizine |       |                      |                     |                                                                                       |
| Levcet          | Tab   | Adults               | Once daily          |  |
| Levohistam      | Syrup | Children 2-6 years   | 5 ml once daily     |  |
|                 |       | Children 6 -12 years | 7 ml once daily     |                                                                                       |

|                  |       |                             |                    |                                                                                       |
|------------------|-------|-----------------------------|--------------------|---------------------------------------------------------------------------------------|
|                  | Drops | Children 6 months – 2 years | 5 drops once daily |    |
| Desloratadine    |       |                             |                    |                                                                                       |
| Aerius           | Tab   | Adults                      | Once daily         |    |
| Desa             | Syrup | Children 6 months – 2 years | 2 ml once daily    |   |
|                  |       | Children 2-6 years          | 3 ml once daily    |                                                                                       |
|                  |       | Children 6 -12 years        | 5 ml once daily    |                                                                                       |
| Fenoxifyfenadine |       |                             |                    |                                                                                       |
| Telfast          | Tab   | Adults                      | Once daily         |  |
|                  | Syrup | Children 6 months – 2 years | 2,5 ml twice daily |                                                                                       |

# INNOVATORS



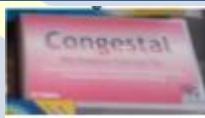
|  |  |                    |                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|--|--|--------------------|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |  | Children 2-6 years | 5 ml twice daily |  <p><b>Telfast®</b><br/>For Allergic Rhinitis starting from 2 years.<br/>For Urticaria starting from 6 months.</p> <p>30 mg/5 ml<br/>Fexofenadine Hydrochloride</p> <p>12 years</p> <p>Relief of:</p> <ul style="list-style-type: none"> <li>✓ Sneezing</li> <li>✓ Runny Nose</li> <li>✓ Itchy Watery Eyes</li> <li>✓ Itchy Nose or Throat</li> <li>✓ Urticaria Symptoms</li> </ul> <p>Raspberry Flavor</p> <p>100ml<br/>Oral suspension</p> |
|--|--|--------------------|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

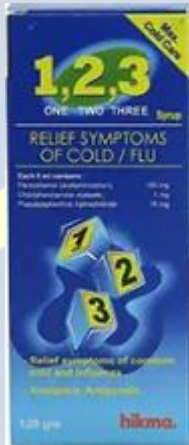


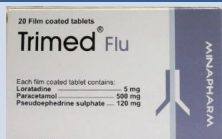
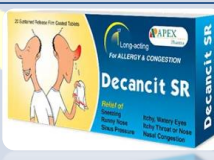
# HEALTH INNOVATORS



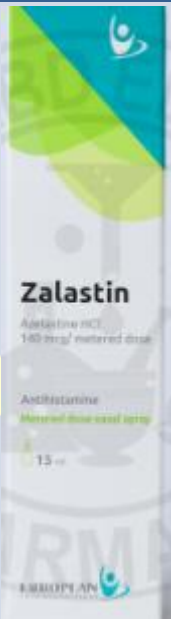
## Nasal Decongestants ( Sympathomimetics )

| Drug                                                                | Dosage Form | Age                  | Dose                 | Image                                                                                 |
|---------------------------------------------------------------------|-------------|----------------------|----------------------|---------------------------------------------------------------------------------------|
| Xylometazoline                                                      |             |                      |                      |                                                                                       |
| Otrivin Adults                                                      | Nasal Drops | Adults               | 1 drop / 8 hours/day |    |
| Otrivin Children                                                    |             | Children 2- 12 years | 1 drop / 8 hours/day |    |
| Cold Mixes for nasal congestion and fever + body aches or headache  |             |                      |                      |                                                                                       |
| Pseudoephedrine + Chlorpheniramine or diphynhydramine + Paracetamol |             |                      |                      |                                                                                       |
| Congestal                                                           | Tab         | Adults               | 1 tab / 8 hours/day  |  |
|                                                                     | Syrup       | Children > 6 years   | 10 ml / 8 hours/day  |  |

|                                            |       |                    |                     |                                                                                       |
|--------------------------------------------|-------|--------------------|---------------------|---------------------------------------------------------------------------------------|
| 1 2 3                                      | Tab   | Adults             | 1 tab / 8 hours/day |    |
|                                            | Syrup | Children > 6 years | 10 ml / 8 hours/day |    |
| Comtrex                                    | Tab   | Adults             | 1 tab / 8 hours/day |    |
| Pseudoephedrine + Ibuprofen                |       |                    |                     |                                                                                       |
| Power caps                                 | Tab   | Adults             | 1 tab / 8 hours/day |  |
| Dolo – D                                   | Syrup | Children > 6 years | 10 ml / 8 hours/day |  |
| Pseudoephedrine + Loratidine + Paracetamol |       |                    |                     |                                                                                       |

|                                            |     |                                     |                      |                                                                                       |
|--------------------------------------------|-----|-------------------------------------|----------------------|---------------------------------------------------------------------------------------|
| Trimmed Flu                                | Tab | Adults who need non-sedating effect | 1 tab / 12 hours/day |    |
| diphenhydramine + Paracetamol              |     |                                     |                      |                                                                                       |
| Cold Control                               | Tab | Adults with hypertension            | 1 tab / 8 hours/day  |    |
| Pseudoephedrine + Citirizine or loratadine |     |                                     |                      |                                                                                       |
| Clearest                                   | Tab | Adults                              | 1tab / 12 hours/day  |    |
| Clarinase                                  |     |                                     |                      |    |
| Decansit SR                                |     |                                     |                      |  |
| Nasal sprays with Azelastine               |     |                                     |                      |                                                                                       |

# HEALTH INNOVATORS

|                                                  |             |                     |               |                                                                                       |
|--------------------------------------------------|-------------|---------------------|---------------|---------------------------------------------------------------------------------------|
| <b>Zalastin</b>                                  | Nasal spray | Adults and children | 2 times daily |    |
| <b>Nasal sprays with Fluticasone</b>             |             |                     |               |                                                                                       |
| <b>Ticanase</b>                                  | Nasal spray | Adults and children | 2 times daily |   |
| <b>Nasal sprays with Azelastine +Fluticasone</b> |             |                     |               |                                                                                       |
| <b>Azelast Plus</b>                              | Nasal spray | Adults and children | 2 times daily |  |

|                                    |             |                     |               |                                                                                       |
|------------------------------------|-------------|---------------------|---------------|---------------------------------------------------------------------------------------|
| Ticanase Plus                      | Nasal spray | Adults and children | 2 times daily |    |
| Nasal drops and sprays with saline |             |                     |               |                                                                                       |
| Otrivin Baby saline                | Nasal Drops | Babies < 2 years    | 3 times daily |    |
| Physiomer                          | Nasal spray | Adults              | 3 times daily |   |
|                                    |             | Children            | 3 times daily |  |

HEALTH

INNOVATORS

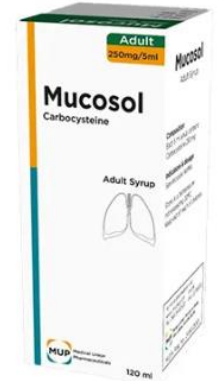
- Cough

## Dry cough

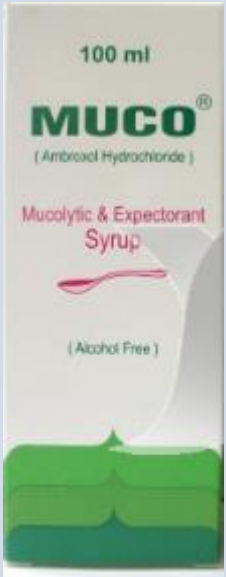
| Drug                | Dosage Form | Age                   | Dose                   | Image                                                                                 |
|---------------------|-------------|-----------------------|------------------------|---------------------------------------------------------------------------------------|
| <b>Cloperastine</b> |             |                       |                        |                                                                                       |
| <b>Tussistop</b>    | Syrup       | Adults                | 10 ml / 8 hours/day    |    |
|                     |             | Children > 2 years    | 5 ml / 8 hours/day     |                                                                                       |
|                     | Tab         | Adults                | 1 tab / 8 hours/day    |    |
| <b>Pipazethate</b>  |             |                       |                        |                                                                                       |
| <b>Selgon</b>       | Tab         | Adults                | 1-2 tabs / 8 hours/day |  |
|                     | Supp        | Children < 2 years    | 0.5 supp / 8 hours/day |  |
|                     |             | Children 2 – 6 years  |                        |                                                                                       |
|                     |             | Children 6 – 12 years | 1 supp / 8 hours/day   |                                                                                       |
|                     | Drops       | Children < 2 years    | 4 drops / 8 hours/day  |                                                                                       |

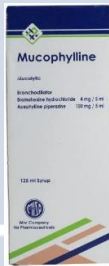
|  |  |                       |                       |                                                                                     |
|--|--|-----------------------|-----------------------|-------------------------------------------------------------------------------------|
|  |  | Children 2 – 6 years  | 8 drops / 8 hours/day |  |
|  |  | Children 6 – 12 years |                       |                                                                                     |

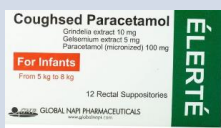
- Productive cough

| Drug                  | Dosage Form | Age                 | Dose                | Image                                                                                 |
|-----------------------|-------------|---------------------|---------------------|---------------------------------------------------------------------------------------|
| <b>Mucolytics</b>     |             |                     |                     |                                                                                       |
| <b>Acetylcysteine</b> |             |                     |                     |                                                                                       |
| Acetylcysteine 600 mg | Sachets     | Adults              | Once Daily          |    |
| <b>Carbocysteine</b>  |             |                     |                     |                                                                                       |
| Mucosol 325 mg        | Cap         | Adults              | 2 cap / 8 hours/day |  |
| Mucosol Adults        | Syrup       | Adults              | 15 ml / 8 hours/day |  |
| Mucosol Pediatric     |             | Children 2- 6 years | 5 ml / 8 hours/day  |                                                                                       |



|                 |       |                      |                      |                                                                                       |
|-----------------|-------|----------------------|----------------------|---------------------------------------------------------------------------------------|
|                 |       | Children 6 -12 years | 10 ml / 8 hours/day  |    |
| <b>Ambroxol</b> |       |                      |                      |                                                                                       |
| <b>Ambroxol</b> | Syrup | Children 2- 6 years  | 2.5 ml / 8 hours/day |    |
|                 |       | Children 6 -12 years | 5 ml / 8 hours/day   |                                                                                       |
|                 | Drops | Children < 2 years   | 25 drops twice daily |   |
| <b>Muco</b>     | Syrup | Children 2- 6 years  | 2.5 ml / 8 hours/day |  |
|                 |       | Children 6 -12 years | 5 ml / 8 hours/day   |                                                                                       |

|                                                  |       |                      |                      |                                                                                       |
|--------------------------------------------------|-------|----------------------|----------------------|---------------------------------------------------------------------------------------|
| Muco SR                                          | Cap   | Adults               | Once Daily           |    |
| Expectorants + Mucolytics                        |       |                      |                      |                                                                                       |
| Guaphenazine                                     |       |                      |                      |                                                                                       |
| Oplex                                            | Syrup | Adults               | 15 ml / 8 hours/day  |    |
|                                                  |       | Children 2 – 5 years | 5 ml / 8 hours/day   |                                                                                       |
|                                                  |       | Children 6 -12 years | 10 ml / 8 hours/day  |                                                                                       |
| Ultrasolv                                        | Syrup | Adults               | 15 ml / 8 hours/day  |   |
|                                                  |       | Children 2 – 5 years | 5 ml / 8 hours/day   |                                                                                       |
|                                                  |       | Children 6 -12 years | 10 ml / 8 hours/day  |                                                                                       |
| Expectorants + or - Mucolytics + Bronchodilators |       |                      |                      |                                                                                       |
| All-Vent                                         | Syrup | Adults               | 10 ml / 8 hours/day  |  |
|                                                  |       | Children 2 – 6 years | 2.5 ml / 8 hours/day |                                                                                       |
|                                                  |       | Children 6 -12 years | 5 ml / 8 hours/day   |                                                                                       |
| Mucophylline                                     | Syrup | Adults               | 10 ml / 8 hours/day  |  |
|                                                  |       | Children 2 – 6 years | 2.5 ml / 8 hours/day |                                                                                       |
|                                                  |       | Children 6 -12 years | 5 ml / 8 hours/day   |                                                                                       |
| Demulcents                                       |       |                      |                      |                                                                                       |
| Bronchicum                                       |       | Adults               | 10 ml / 8 hours/day  |                                                                                       |

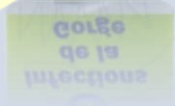
|                                                           |      |                       |                     |                                                                                       |
|-----------------------------------------------------------|------|-----------------------|---------------------|---------------------------------------------------------------------------------------|
|                                                           |      | Children              | 5 ml / 8 hours/day  |    |
| Ivyrospan                                                 |      | Adults                | 10 ml / 8 hours/day |    |
|                                                           |      | Children              | 5 ml / 8 hours/day  |                                                                                       |
| Cough soothers + paracetamol                              |      |                       |                     |                                                                                       |
| Coughseed babies<br>Cough + fever for<br>paracetamol      | Supp | Children 1- 12 months | Once or twice daily |    |
|                                                           |      | Children 1- 2 years   | Twice daily         |                                                                                       |
| Coughseed<br>children<br>Cough + fever for<br>paracetamol |      | Children 2 – 6 years  | Once or twice daily |  |
|                                                           |      | Children 6 -12 years  | Twice daily         |                                                                                       |

# HEALTH INNOVATORS

- Sore Throat

| Drug            | Dosage Form | Age      | Dose          | Image                                                                                |
|-----------------|-------------|----------|---------------|--------------------------------------------------------------------------------------|
| Demulcents      |             |          |               |                                                                                      |
| Strepsils       | Lozenges    | Adults   | Every 3 hours |   |
|                 |             | Children |               |                                                                                      |
| Antiseptics     |             |          |               |                                                                                      |
| Betadine gargle | Gargle      | Adults   | 3 times daily |  |

HEALTH  
INNOVATORS

|                 |                 |        |                                                                                                                                                                         |
|-----------------|-----------------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Solvadol Adults | Throat<br>spray | Adults |   |
| Solvadol kids   |                 |        |                                                                                     |

# HEALTH INNOVATORS