

## Core Maximum Strength non-prescription Medicines

*Warning: medicines can induce allergic reactions or produce unwanted side effects, especially in combination. Medication usage suggestions found here are propositions only. Always refer to an applicable medication usage manual.*

1 – 1oz Liquid **ipecac**

(Emetic)

*Drink to induce vomiting of poisons and medicine overdoses from stomach*

1 – 15g Dehydrated **super activated charcoal in dispenser** [add 4oz water to reconstitute]

(Absorbent)

*Drink to absorb poisons and medicine overdoses still in stomach*

Pkg. 12 – 50mg Tablets **diphenhydramine hcl.**

(Antihistamine)

*Induces drowsiness, Reduces allergic reactions to pollen/stings/medicines*

1 – 16oz Liquid 91% **isopropyl alcohol**

(Topical antimicrobial / rubefacient) ☼

*Sterilizes medical tools, kills germs on skin, and cools skin by evaporation*

1 – 1oz Topical ointment 10000iu **polymyxin b sulfate**, 500iu **bacitracin zinc**, 3.5mg

**neomycin**, with 10mg **pramoxine hcl.**

(Triple antibiotic with local anesthetic)

*Apply to burns and wounds to minimize infection*

1 – 1oz Liquid **iodine tincture** with applicator

(Antiseptic) ☼

*Apply to cuts to minimize infection*

1 – ½oz Oral safe topical ointment 20% **benzocaine**

(Local anesthetic)

*Apply to sores in mouth or on body to reduce sensation of pain*

1 – 2oz Spirit **aromatic ammonia**

(Respiratory stimulant)

*Inhale to regain consciousness*

Pkg. 16 – 200mg Tablets **caffeine**

(Metabolism stimulant)

*Stimulates metabolism to combat minor concussions*

Pkg. 60 – 500mg Tablets **acetaminophen**

(Narcotic)

*Reduces sensation of pain, eases muscular aches, and lowers fever*

1 – 2oz Liquid 1mg **loperamide hcl.**

(Anti-diarrheal)

*Drink to stop diarrhea or to prevent bowel movement if anal area is burned*

1 – 4oz Sterile liquid **eye irrigation solution**

*Flushes contamination out of eyes, soothes irritated eyes*

1 – Temporary **tooth filling and crown cement**

*Replaces fillings and cements crowns that have been knocked out*

1 – 1qt Liquid **electrolyte solution**

*Drink to combat dehydration that occurs with diarrhea and burns*

## Supplemental Maximum Strength non-prescription Medicines

*Medicines should be stored at room temperature, and replaced before their expiration date.  
These common medicines can form an excellent core for a family medicine chest.*

**Dextromethorphan Hydrobromide** 15mg (4oz liquid)  
Cough suppressant – *Drink to suppress the cough reflex.*

**Guaifenesin** 100mg (4oz liquid)  
Expectorant – *Drink to loosen phlegm in the lungs.*

**Dyclonine hydrochloride** 0.1% (4oz pump spray)  
Oral anesthetic – *Apply topically to suppress sensation of pain, especially sore throat pain.*

**Oxymetazoline Hydrochloride** 0.05% (1oz pump spray)  
Sinodilator – *Inhale to reduce swelling of upper respiratory sinus membranes.*

**Ephedrine sulfate** 25mg (1oz aerosol)  
Bronchodilator – *Inhale to reduce swelling of lower respiratory bronchial tubes.*

**Aspirin** 500mg (70 caplets)  
Analgesic – *Swallow to thin blood. Reduces headaches, joint pain, and fever.*

**Hydrocortisone** 1% (1oz ointment)  
Itch suppressant – *Apply topically to suppress the sensation of itching.*

**Dimenhydrinate** 50mg (12 tablets)  
Antiemetic – *Swallow to suppress the vomit reflex. Reduces nausea and dizziness.*

**Calcium carbonate** 700mg / **Magnesium hydroxide** 300mg (24 chewable tablets)  
Antacid – *Chew and swallow to absorb excess stomach acid.*

**Castor oil** (2oz liquid)  
Stimulant laxative – *Drink to produce bowel movement.*

**Simethicone** 125mg (12 softgels)  
Antiflatulent – *Swallow to reduce stomach gas discomfort.*

**Clotrimazole** 1% (½oz ointment)  
Fungicide – *Apply topically to kill fungus such as athlete's foot, jock itch, and ringworm.*

**Phenazopyridine hydrochloride** 95mg (12 tablets)  
Urinary analgesic – *Swallow to reduce urinary pain and urgency.*

**Methyl salicylate** 30% / **Menthol** 10% / **Camphor** 4% (2oz ointment)  
Muscle liniment – *Apply topically to relax sore or sprained muscles and ligaments.*

**White petrolatum** with Aloe, vitamins A & E, and Oxybenzone spf8 sunscreen (1/3 oz ointment)  
Lip balm – *Apply topically to moisturize, heal, and protect from exposure chafed lips and skin.*