

# OTC Allergy reliever dosing directions for adults and children 12 years and older

Cetirizine Hydrochloride	AMOUNT (Active ingredient(s))	DOSE & FREQUENCY (Adult use only: 12 years and older)	DAILY LIMIT
<b>Cetirizine hydrochloride regular strength</b> <i>for example</i> REACTINE® Regular Strength	Cetirizine hydrochloride: <b>5 mg per tablet</b>	<b>1 or 2 tablets every 24 hours</b>  Adults 65+ years: <b>1 tablet every 24 hours</b>	<b>Do NOT take more than 2 tablets in 24 hours</b>  Adults 65+ years: <b>1 tablet every 24 hours</b>
<b>Cetirizine hydrochloride extra strength</b> <i>for example</i> REACTINE® Extra Strength or REACTINE® Extra Strength Rapid Dissolve	Diphenhydramine hydrochloride: <b>10 mg per tablet</b> (or rapid dissolve tablet)	<b>1 tablet (or rapid dissolve tablet) every 24 hours</b>  Adults 65+ years: USE REACTINE® <b>Regular Strength 5 mg</b>	<b>Do NOT take more than 1 tablet (or rapid dissolve tablet) in 24 hours</b>  Adults 65+ years: USE REACTINE® <b>Regular Strength 5 mg</b>
<b>Cetirizine hydrochloride with Pseudoephedrine hydrochloride**</b> <i>for example</i> REACTINE® Complete Sinus + Allergy	Cetirizine hydrochloride: <b>5 mg per tablet</b> PLUS Pseudoephedrine hydrochloride**: <b>120 mg per tablet</b>	<b>1 tablet every 12 hours</b>  Adults 65+ years: <b>1 tablet every 24 hours</b>	<b>Do NOT take more than 2 tablets in 24 hours</b>  Adults 65+ years: <b>Do not take more than 1 tablet every 24 hours</b>
<b>Cetirizine hydrochloride oral solution</b> <i>for example</i> REACTINE® Liquid	Cetirizine hydrochloride: <b>5 mg/5 mL oral solution</b>	<b>5 mL or 10 mL once every 24 hours</b>  Adults 65+ years: <b>5 mL once every 24 hours</b>	<b>Do NOT take more than 10 mL in 24 hours</b>  Adults 65+ years: <b>Do not take more than 5 mL in 24 hours</b>

### What you can do

- If provided, use only the dosing device that comes with your medicine
- Take **ONLY 1** medicine that contains the **same kind of medicinal ingredient** at a time

### Why?

If you take more than 1 medicine with the same kind of medicinal ingredient, it can increase your chance of harmful side effects

It is important to always read and follow the label. If you have any questions, ask your healthcare professional which product may be right for you



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Diphenhydramine Hydrochloride	AMOUNT (Active ingredient(s))	DOSE & FREQUENCY (Adult use only: 12 years and older)	DAILY LIMIT
<b>Diphenhydramine hydrochloride regular strength</b> <i>for example</i> BENADRYL® Allergy	Diphenhydramine hydrochloride: <b>25 mg per caplet</b>	<b>1-2 caplets every 4-6 hours</b>	<b>Do NOT take more than 8 caplets in 24 hours</b> <b>Do NOT use with any other product containing diphenhydramine, even one used on skin</b>
<b>Diphenhydramine hydrochloride extra strength</b> <i>for example</i> Extra Strength BENADRYL® Allergy	Diphenhydramine hydrochloride: <b>50 mg per caplet</b>	<b>1 caplet every 4-6 hours</b>	<b>Do NOT take more than 4 caplets in 24 hours</b> <b>Do NOT use with any other product containing diphenhydramine, even one used on skin</b>
<b>Diphenhydramine hydrochloride with Acetaminophen*** and Pseudoephedrine hydrochloride**</b> <i>for example</i> BENADRYL® Allergy, Sinus & Pain Total	Diphenhydramine hydrochloride: <b>25 mg per caplet</b> PLUS Acetaminophen (extra strength)***: <b>500 mg per caplet</b> PLUS Pseudoephedrine hydrochloride**: <b>30 mg per caplet</b>	<b>2 caplets every 6 hours</b>	<b>Do NOT take more than 8 caplets in 24 hours</b> <b>Do not with other products containing acetaminophen or other cough/cold or pain/fever medications.</b> <b>Do NOT use with any other product containing diphenhydramine, even one used on skin</b>
<b>Diphenhydramine hydrochloride elixir</b> <i>for example</i> BENADRYL® Elixir	Diphenhydramine hydrochloride: <b>1 teaspoonful (12.5 mg/5 mL)</b>	<b>2-4 teaspoons (10-20 mL) every 4-6 hours</b>	<b>Do NOT exceed 16 teaspoons (80 mL) in 24 hours</b> <b>Do NOT use with any other product containing diphenhydramine, even one used on skin</b>
<b>Diphenhydramine hydrochloride extra strength for nighttime</b> <i>for example</i> Extra Strength BENADRYL® Nighttime	Diphenhydramine hydrochloride: <b>50 mg per caplet</b>	<b>1 caplet at bedtime</b>	<b>Take 1 caplet at bedtime if needed or as directed by a doctor</b> <b>Do NOT use with any other product containing diphenhydramine, even one used on skin</b>

## What you can do

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## Why?

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Loratadine	AMOUNT (Active ingredient(s))	DOSE & FREQUENCY (Adult use only: 12 years and older)	DAILY LIMIT
<b>Loratadine</b> <i>for example</i> CLARITIN® Allergy 24 Hour	Loratadine: <b>10 mg per tablet</b>	<b>1 tablet every 24 hours</b>	<b>Do NOT take more than 1 tablet in 24 hours</b>
<b>Loratadine orally disintegrating tablets</b> <i>for example</i> CLARITIN® Rapid Dissolve 24 Hour Tablets	Loratadine: <b>10 mg per tablet</b>	<b>1 caplets every 24 hours</b>	<b>Do NOT take more than 1 tablet in 24 hours</b>
<b>Loratadine Capsules</b> <i>for example</i> CLARITIN® Liquid Capsules 24 Hour	Loratadine: <b>10 mg per capsule</b>	<b>2 caplets every 24 hours</b>	<b>Do NOT take more than 1 capsule in 24 hours</b>

Desloratadine	AMOUNT (Active ingredient(s))	DOSE & FREQUENCY (Adult use only: 12 years and older)	DAILY LIMIT
<b>Desloratadine</b> <i>for example</i> CLARITIN® Allergy 24 Hour	Desloratadine: <b>5 mg per tablet</b>	<b>1 tablet every 24 hours</b>	<b>Do NOT take more than 1 tablet in 24 hours</b>
<b>Desloratadine with pseudoephedrine sulfate**</b> <i>for example</i> AERIUS® DoubleAction 12 Hour	Desloratadine: <b>2.5 mg per tablet</b> PLUS Pseudoephedrine sulfate** <b>120 mg per tablet</b>	<b>1 caplets every 12 hours</b>	<b>Do NOT take more than 2 tablet in 24 hours</b>

Fluticasone	AMOUNT (Active ingredient)	DOSE & FREQUENCY (Adult use only: 18 years and older)	DAILY LIMIT
<b>Fluticasonepropionate (corticosteroid) nasal spray</b> <i>for example</i> Flonase® Allergy Relief	Fluticasone propionate (corticosteroid): <b>50 mcg per spray</b>	<b>Week 1</b> Use 2 sprays in each nostril once daily, preferably in the morning. <b>Week 2 through 3 months</b> Use 1 spray in each nostril once daily, if your symptoms are under control. <b>After 3 months of daily use</b> Ask your doctor if you can keep using this product.	<b>Week 1</b> No more than 2 sprays in each nostril daily. <b>Week 2 through 3 months</b> No more than 1 spray in each nostril daily. <b>After 3 months of daily use</b> Ask your doctor if you can keep using this product and what the daily limit may be.

## What you can do

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