



Which allergy *medicine?*

Seven over-the-counter favourites, side by side, straight from their Drug Facts labels. Take a photo before you go to the pharmacy.

Zyrtec

Cetirizine HCl 10 mg



May cause drowsiness

Not for congestion

From age 6

How often: Once a day

Max: 1 tablet (10 mg) in 24 hours

Claritin

Loratadine 10 mg



Non-drowsy as directed

Not for congestion

From age 6

How often: Once a day

Max: 1 tablet (10 mg) in 24 hours

Allegra

Fexofenadine HCl 180 mg (24 Hour) or 60 mg (12 Hour)



No drowsiness warning

Not for congestion

From age 12

How often: Once a day (180 mg) or twice a day (60 mg)

Max: 1 x 180 mg or 2 x 60 mg tablets in 24 hours

Xyzal

Levocetirizine dihydrochloride 5 mg



May cause drowsiness

Not for congestion

From age 6

How often: Once a day, in the evening

Max: 1 tablet (5 mg) in 24 hours for ages 12 to 64

Benadryl

Diphenhydramine HCl 25 mg



Marked drowsiness

Not for congestion

From age 6

How often: Every 4 to 6 hours

Max: 6 doses in 24 hours

Flonase

Fluticasone propionate 50 mcg per spray



No drowsiness warning

Helps congestion

From age 4

How often: Once a day

Max: 2 sprays in each nostril once a day

Nasacort

Triamcinolone acetonide 55 mcg per spray



No drowsiness warning

Helps congestion

From age 2

How often: Once a day

Max: 2 sprays in each nostril once a day

Quick guide

Sneezing and itching: a once-a-day antihistamine pill.

Blocked nose: a steroid nasal spray, used every day. Ask a pharmacist before combining, and for children's doses.