

# Check What's in Your Medicine Cabinet

Many over-the-counter (OTC) cough, cold, and flu products use **dextromethorphan (DXM)** as their main cough suppressant. DXM is safe when taken as directed, but some teens intentionally take large doses — sometimes over 25 times the recommended amount — to experience a high. Knowing which products contain DXM helps families prevent misuse and stay informed about what's in their home.

## What to Know

- DXM may appear on labels as *dextromethorphan*, *dextromethorphan hydrobromide*, or *dextromethorphan HBr*.
- Store-brand or generic products (such as CVS, Walgreens, or Walmart equivalents) often contain the same active ingredients as name brands — check the **Active Ingredients** section on the Drug Facts label.
- Not all products under the same brand contain DXM, so always verify before using. Look for the **Stop Medicine Abuse** icon or read the Drug Facts carefully.
- For the most complete list, visit the **FDA National Drug Code Directory** and search for *dextromethorphan*: <https://www.accessdata.fda.gov/scripts/cder/ndc/>.
- For more information, visit <https://stopmedicineabuse.org/about-dxm-abuse/>

## Common Brand Names That May Contain DXM

Alka-Seltzer Plus	Buckley's	Cheracol	Clear Cough
Comtrex	Contac	Coricidin	Creomulsion
Defensolito	Delsym	Diabetic Tussin	Dimetapp
Dr. Cocoa	ElixSure	Father John's	Kids Eeze
Little Colds	Mucinex DM	Pediacare	Robitussin
SineOff	Sudafed	Theraflu	Triaminic
Tukol	Tylenol Cough/Cold/Flu	Vicks DayQuil	Vicks NyQuil

■■ Over 100 OTC products contain DXM — always check the label before use.