

Your Pharmacist Recommends...

By Dr. West Conner

You have permission to post this, email this, print this out, and pass it along for free as long as you do not make any changes or edits to the contents. As a matter of fact, I'd absolutely love for you to make lots and lots of copies and spread it around to everyone you know. You cannot, however, sell this report or profit from it in any way.

The information contained inside is a result of long hours of work. Please do not profit off another's sweat. Oh, and I must also retain all movie rights too, unless you can get Tom Cruise to play me.

Here is what you should do:

1. Send this report to friends, relatives, acquaintances, colleagues, and associates.
2. Go to www.MedicineCoach.com and sign up for the free newsletter (unless you already have).
3. Print out as many copies as you like.

Your Pharmacist Recommends... By: Dr. West Conner
For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Your Pharmacist Recommends...

This Special Report is courtesy of Dr. West Conner

Have you ever asked the pharmacist for his recommendations?

As a pharmacist, I am constantly asked for my advice on over-the-counter medication. Looking at the cough and cold section at the local drug store can be quite confusing. Often times, a professional opinion is what you need.

Have you ever wondered what the best “thing” is for your cold?

You do not want to waste both time and money searching for the proper medication, only to realize you purchased the wrong “thing.” With all those long, technical drug names, how are you to decipher which is best?

What does the pharmacist recommend for the best type of vitamins?

Which vitamin is best? Do some vitamins have too much of a certain ingredient that could be harmful?

How would you like to have over a thousand pharmacists at your disposal recommending the treatment for your illness?

**Well, that's exactly what you have here,
FOR FREE**

Over a thousand pharmacists were surveyed and asked a simple question;

What do you recommend for...?

Your Pharmacist Recommends... By: Dr. West Conner
For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

As a pharmacist, I am asked many times during the day for my advice. The cough and cold section of the pharmacy can be quite confusing. There are so many medications with long, difficult to pronounce words. How in the world could someone without medical training make an educated decision?

The collection of recommendations listed in this report is for the BRAND NAMES. If possible, **you do not want to purchase the name brand medication**. These are going to be more expensive than the cheap, generic store item.

The generics will work equally well for you. Look on the back on the brand name product for the list of active ingredients. You want to find an equivalent product with the exact same ingredients in the exact same dosages. It will usually be located right next to the expensive brand name drug, only the price will be much lower.

For example, about half of the pharmacists surveyed recommended Claritin for allergies. Pick up the box of Claritin and look for the active ingredient. You will find that the active ingredient is called loratadine 10mg. On the shelf, close to the Claritin, will be the store brand or generic product, loratadine 10mg, for a much lower price. **This is the one you want to buy**. Same active ingredient, lower price!

Keep this report handy on your computer as a reference. You will be able to quickly review the recommendations of over a thousand pharmacists.

This is an invaluable source for your health care needs. You have, at you fingertips, literally tens of thousands of years combined experience making health care decisions for you.

Remember, if you have any medical condition such as diabetes, high blood pressure, or glaucoma, it is still a good idea to check with your doctor or pharmacist before taking any over-the-counter medication.

How can this report save you money?

By accessing the charts contained here, you will avoid the expense of buying something that is not recommended. Over a thousand pharmacists are literally at your fingertips here with their advice.

A number of prescription medications are available in a lower strength over-the-counter. You can save money by purchasing the over-the-counter product and taking more than one pill instead of the stronger prescription strength.

Medication	Prescription Strength	OTC Strength
Zantac (ranitidine)	150mg, 300mg	75mg
Motrin (ibuprofen)	400mg, 600mg, 800mg	200mg
Aleve (naproxen sodium)	250mg, 375mg, 500mg, 550mg	220mg
Pepcid (famotidine)	20mg, 40mg	10mg

Let's say your doctor prescribed you Naprosyn (naproxen sodium) 500mg to take twice a day for one week. Now, if you have prescription insurance, you will pay your generic co-pay which is usually \$10 or \$15. If you do not have insurance and must pay cash, this prescription medication will cost you about \$17 for the course of therapy.

If you were to purchase the generic store version of naproxen sodium, you will spend less than \$10 for a bottle of 100 tablets at 220mg each. You will have to take two of them to roughly equal the prescription strength. Instead of taking two tablets a day of the prescription strength, you will take four tablets a day of the over-the-counter strength. At about 10 cents a tablet for the store version, you will spend less than \$3 for the same medication regimen; a savings of up to \$12.

This exact same technique can be used for the other medications listed above.

The last page of this report can be printed and used as an even quicker reference when needed. It simply lists the top choice in each category.

Instructions for printing just the last page

In the upper left corner of your screen; go to File, choose Print, under Page range choose Pages: enter number 46, click OK.

Your Pharmacist Recommends... By: Dr. West Conner
For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Acne Treatment

Clearasil	19%
Oxy	17%
Neutrogena	17%
Pan Oxyl	14%
Clean & Clear	6%
Stridex	3%
Noxzema	3%
Persa Gel	2%
Acnomel	<1%
Proactive	<1%
Purpose	<1%
Rezamid	<1%
Tincture of Green Soap	<1%
Other	7%

Adhesive Bandages

Johnson & Johnson Band-Aid	57%
Nexcare	23%
Curad	11%
Other	9%

Allergy

Claritin	49%
Zyrtec	15%
Chlor-Trimeton	8%
Benadryl	5%
Tylenol Allergy	5%
Sudafed	4%
Actifed	3%
Dimetapp	2%
Tavist	1%
Zicam Allergy	1%
NasalCrom	<1%
Nuprin	<1%
Other	10%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Anti-Flatulence

Gas-X	34%
Mylicon	24%
Phazyme	16%
Maalox Anti-gas	11%
Beano	5%
Mylanta gas	<1%
Other	9%

Analgesic - Children

Children's Tylenol	58%
Children's Motrin	22%
Children's Advil	7%
Motrin	1%
Tempra	<1%
ElixSure	<1%
St. Joseph's Aspirin	<1%
Children's APAP	<1%
Other	10%

Antacids/Heartburn

Prilosec OTC	30%
Pepcid	21%
Zantac 75	12%
Mylanta	11%
Tums	9%
Maalox	7%
Pepto Bismol	2%
Gaviscon	2%
Rolaids	2%
Tagamet HB	1%
Digestive Enzymes	1%
Mintox	1%
Other	2%

Anti-Diarrheals

Imodium A-D	89%
Pepto Bismol	6%
Kaopectate	2%
Other	2%

Antibacterial Soap

Hibiclens	27%
Cetaphil	18%
Phisoderm	16%
Dial	10%
Softsoap	8%
Purell	6%
Lever 2000	4%
Safeguard	3%
Ivory	2%
Dove	1%
Basis	<1%
Germ X gel	<1%
Lava	<1%
Protex	<1%
Other	4%

Anti-Cavity Rinse

Listerine	36%
Act	22%
Phos Flur	19%
Colgate	9%
Plax	1%
Crest	<1%
Steri-Sol	<1%
Other	13%

Arthritis Pain Relievers - Oral

Aleve	29%
Advil	21%
Motrin	19%
Tylenol	10%
Cosamin DS	1%
Ecotrin	1%
Ascriptin	<1%
Nuprin	<1%
Other	19%

Artificial Tears

Tears Naturale	29%
Refresh	15%
GenTeal	9%
Bausch & Lomb	9%
Systane	6%
Visine	6%
AKWA Tears	5%
Hypotears	4%
Allergan	3%
Clear Eyes	3%
TheraTears	2%
Murine	2%
Similasan Dry Eye Relief	2%
Natural Balance Tears	<1%
Refresh LiquiGel	<1%
Other	6%

Aspirin

Ecotrin	31%
Bayer	23%
St. Joseph's	13%
Halfprin	2%
Goody's	1%
Ascriptin	<1%
Other	30%

Athlete's Foot Remedies

Lamisil	50%
Lotrimin	34%
Tinactin	8%
Desenex	2%
Micatin	2%
Other	3%

Your Pharmacist Recommends... By: Dr. West Conner
For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Blood Pressure Monitors

Omron	53%
LifeSource (A&D Medical)	10%
Ascensia	4%
Lumiscope	4%
Microlife	2%
Panasonic	2%
Samsung	2%
One Touch	2%
Timex	1%
Accu Check	1%
RESPeRATE	<1%
Brite-Life	<1%
Reli On	<1%
Other	17%

Burn Preparations

Neosporin	43%
Dermoplast	20%
Polysporin	10%
A&D Original Ointment	7%
Bactine	3%
Betadine	2%
Foille	1%
2nd Skin Burn Pads	<1%
Americaine	<1%
Band-Aid Burn Pads	<1%
Domboro's	<1%
J&J First Aid Cream	<1%
New Skin	<1%
Silvadene	<1%
Solarcaine	<1%
Ungentine	<1%
Other	11%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Calcium

Os-Cal	27%
Citracal	24%
Caltrate	11%
Tums	11%
Viactiv	4%
Nature's Bounty	2%
Nature Made	1%
Sundown	1%
Natrol	<1%
Osteocal	<1%
Life Brand	<1%
Mason	<1%
Oystercal	<1%
Posture-D	<1%
Procycle Gold	<1%
Other	17%

Canker Sores

Orabase	19%
Zilactin	16%
Herpecin L	13%
Gly-Oxide	12%
Anbesol	11%
Carmex	10%
Cankaid	5%
Campho-Phenique	5%
Tanac	3%
Kank-A	3%
Abreva	<1%
Ambosan	<1%
Curasore	<1%
Oragel	<1%
Other	2%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Children's Vitamins

Flintstones	46%
Centrum Jr.	27%
One-A-Day	6%
Spiderman	4%
Lil Critters	2%
Big Friends	<1%
Bounty Bears	<1%
Fruity Chews	<1%
Gummy Vites	<1%
Other	12%

Cholesterol Reduction - Natural

Cholest-Off	16%
Cholesterol Balance	14%
Cholesterol Health Supplements	10%
Cholesterol Plus	8%
Qwell Cholesterol Health Supplement	3%
Cholesterol Success	1%
Choless	<1%
Cholest-aid	<1%
Healthy Sense	<1%
Other	48%

Cholesterol Testing

Cholestrak	32%
FirstCheck	15%
Home Access	13%
LifeStream	8%
Care Cholesterol	3%
Other	31%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Cold Sores

Abreva	59%
Carmex	8%
Herpecin	8%
Zilactin	7%
Campho-Phenique	4%
Blistex	3%
Orabase	3%
Anbesol	2%
Orajel	1%
Tanac	1%
Neosporin LT	1%
Curasore	<1%
L-Lysine	<1%
Lactinex	<1%
Releev	<1%
Other	2%

Common Cold - Adult Liquid

Robitussin	46%
NyQuil	11%
DayQuil	10%
Dimetapp	9%
TheraFlu	7%
Comtrex	3%
Tylenol	3%
Triaminic	2%
Vicks 44	2%
Zicam Cold & Flu Spoon	2%
Delsym	1%
Sudafed	1%
Naldecon DX Liquigel	<1%
Nuprin	<1%
Guaifenesin-DM	<1%
Other	2%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Common Cold - Adult Long Acting

Claritin	18%
Mucinex	16%
Delsym	12%
Sudafed	12%
Tylenol Cold	6%
Advil	4%
Comtrex	4%
Actifed	4%
Alavert	3%
Coricidin HBP	3%
Drixoral	3%
Dimetapp	3%
Robitussin	3%
Chlor-Trimeton	2%
Alka-Seltzer Plus	2%
Aleve	1%
Tavist	1%
Other	1%

Common Cold - Adult Nighttime

NyQuil	54%
Benadryl	19%
Robitussin PM	10%
Tylenol Nighttime	7%
Diabetic Tussin Nighttime	2%
Tavist	2%
Thera Flu	1%
Sudafed	<1%
Actifed	<1%
Comtrex	<1%
Delsym	<1%
Mucinex DM	<1%
Nostrilla	<1%
Robitussin DM	<1%
Other	2%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Common Cold – Adult Tablet/Capsule

Sudafed	21%
Tylenol Cold	15%
Advil Cold & Sinus	13%
Claritin	11%
Actifed	8%
Coricidin HBP	6%
Comtrex	4%
Drixoral	4%
Benadryl	3%
Dimetapp	3%
TheraFlu	3%
Robitussin	2%
Alavert	2%
Motrin Cold & Sinus	1%
Cold-Eeze	1%
Contac	1%
Alka-Seltzer	<1%
Tavist	<1%
Airborn	<1%
Orinex	<1%
Triaminicin	<1%
Tussin-DM	<1%
Other	3%

Common Cold - Children

Dimetapp	35%
PediaCare	28%
Triaminic	12%
Robitussin	5%
Children's Tylenol	5%
Children's Motrin	4%
Benadryl	3%
Naldecon	2%
Little Noses	1%
Children's Nyquil	1%
Sudafed	1%
ElixSure	<1%
Delsym	<1%
Neo-Synephrine Nasal Drops	<1%
Other	3%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Common Cold Remedy - Nasal Spray

Zicam	68%
Afrin	8%
Saline	2%
Ocean	2%
Neo-Synephrine	1%
Ayr Nasal Solution	<1%
Nasal crom	<1%
Xlear	<1%
Other	19%

Contact Lens Cleaner

Bausch & Lomb	35%
ReNu	25%
Alcon	9%
Allergan	7%
Clear Eyes	3%
Complete	3%
CiBA Vision	3%
Visine	2%
Advanced Medical Optics	1%
Blair ex	1%
Optifree	<1%
Other	10%

Contact Lens Solution

Bausch & Lomb	40%
ReNu	23%
Complete Multi-Purpose	9%
Allergan	8%
Alcon	8%
Clear Eyes	3%
CIBA Vision	2%
UltraCare	1%
Other	7%

Co-Q10

Nature Made	31%
Nature's Bounty	18%
Sundown	10%
Co Max Q10	7%
Natrol	5%
Windmill	3%
Life Fitness	2%
Now	1%
21st century	<1%
Mason	<1%
NewChapter	<1%
Physiologics	<1%
Phytopharmica	<1%
Basic	<1%
Spring Valley	<1%
Other	21%

Cough - Adult

Robitussin	50%
Delsym	28%
Mucinex	13%
Benylin	1%
NyQuil Cough	1%
Tylenol Cough & Sore Throat	1%
Vicks DayQuil	1%
Vicks 44	1%
Robitussin DM	1%
Dimetapp	<1%
Zicam	<1%
Guaifenesin-DM	<1%
Safetussin	<1%
Tussin	<1%
Other	2%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Cough - Children

Delsym	32%
Robitussin-DM	28%
PediaCare	14%
Dimetapp	10%
Triaminic	7%
Children's Tylenol	2%
Vicks 44	1%
Robitussin	1%
ElixSure	<1%
Sudafed	<1%
Simply Cough	<1%
Other	3%

Cough - Diabetic

Diabetic Tussin	51%
Tussin DM	15%
Safe Tussin	14%
Robitussin	9%
Scot-Tussin	4%
Cerose DM	3%
Naldecon	1%
Delsym	<1%
Other	2%

Dandruff Shampoo

Nizoral	29%
Selsun Blue	23%
T/Gel	23%
Head & Shoulders	19%
Denorex	5%
Garnier Fructis	<1%
Other	2%

Decongestants - Oral

Sudafed	80%
Claritin	3%
Tylenol Cold	3%
Alavert	2%
Dimetapp	2%
Robitussin	2%
Triaminic	1%
Advil	<1%
Aleve	<1%
Drixoral	<1%
Tavist	<1%
Congestac	<1%
Other	7%

Decongestants - Nasal Sprays

Afrin	68%
Neo-Syneprine	8%
Zicam Extreme Congestion	4%
NasalCrom	3%
Vicks Sinex	2%
Ocean	2%
4 Way	1%
Nostrilla	1%
Dristan	<1%
NoseEase	<1%
Sinus Rinse	<1%
Other	9%

Diabetic Blood Sugar Meters

Accu-Chek	29%
One Touch	24%
FreeStyle	12%
Softclix	12%
BD Ultra-Fine	8%
Ascensia	2%
Microlet	2%
Autolet	1%
Prestige	1%
Other	7%

Diabetic Nutritional Supplements

Glucerna	41%
BD Glucose Tablets	31%
Alpha betic	5%
Nature Made	3%
OscO Glucose Tablets	2%
Dex 4	2%
Enterex Diabetic	1%
CholestOff	<1%
Extend Bar	<1%
BetaFast	<1%
Centrum	<1%
Diabeticks	<1%
Glytrol	<1%
Insta Glucose	<1%
Mason's Blood Sugar Tablets	<1%
Nature Made Diabetic Pack	<1%
Other	12%

Diaper Rash

Desitin	34%
A&D Ointment	28%
Balmex	13%
Boudreaux's Butt Paste	10%
DRC (Diaper Rash Creme)	3%
Triple Paste	2%
Flander's	2%
Aveeno	1%
Bag Balm	<1%
Calmoseptine	<1%
Dermacloud	<1%
Dr Smiths	<1%
Dyprotex	<1%
ENDIT	<1%
Gold Bond Products	<1%
Lamisil	<1%
Resinol	<1%
Universal Ointment	<1%
Other	3%

Your Pharmacist Recommends... By: Dr. West Conner
For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Diet/Weight Loss Product

Slim-Fast	38%
Dexatrim	16%
CortiSlim	7%
Trim Spa	3%
AcuTrim	1%
Stacker	1%
Fahrenheit	<1%
Relacore	<1%
The Vital-18	<1%
Other	34%

Dry Mouth

Biotene	50%
Oasis	25%
Oral Balance Spray	8%
Thayers	2%
Stoppers4	1%
Salivart	1%
Roxane Saliva Substitute	1%
Other	13%

Ear Ache

Similasan Earache Relief	49%
Hyland's Earache Tablets/Drops	7%
Tylenol	6%
Debrox	2%
Motrin	2%
Sudafed	1%
Aleve	<1%
Other	33%

Ear Wax Removal

Debrox	74%
Murine	9%
Bausch & Lomb Wax Removal	6%
Auro	3%
Similasan Ear Wax Relief	1%
Other	6%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Expectorant - Adult

Mucinex	54%
Robitussin	35%
Humibid	4%
Diabetic Tussin	3%
Delsym	1%
Benylin	<1%
DexAlone	<1%
Meditussin DM	<1%
Other	3%

Eye Drops - Allergy

Naphcon-A	48%
Visine-A	20%
Opcon-A	18%
Allergan	5%
Similasan Allergy Eye Relief	2%
Clear Eyes	1%
Moisture eyes	1%
Other	5%

Eye Drops - Anti-Irritants

Naphcon A	30%
Tears Naturale	24%
Visine	15%
Bausch & Lomb Opcon-A	13%
Clear Eyes	5%
Similasan Dry Eye Relief	4%
Murine	1%
Refresh Tears	1%
Akwa Tears	1%
Alcon	<1%
20/20	<1%
GenTeal	<1%
Other	5%

Eye Vitamin Supplements

Ocuvite	73%
ICaps	20%
Maxivision	1%
Vizion	1%
OcuGuard	<1%
Pharmanex	<1%
The Ocular Formula	<1%
VisiVite	<1%
Preservision	<1%
Prosight	<1%
Other	4%

Fiber Supplements

Benefiber	30%
Metamucil	23%
Citrucel	22%
FiberCon	16%
Fiber Choice	3%
Konsyl	2%
Other	5%

Flax Seed Oil Supplement

Nature Made	28%
Nature's Bounty	16%
Nature's Way	8%
Sundown	7%
Natrol	4%
Windmill	4%
Mason	3%
TwinLab	2%
NOW	1%
Sol Gar	<1%
Barlean's	<1%
Basic	<1%
Century 21	<1%
PharmAssure	<1%
Spring Valley	<1%
VitaSmart	<1%
Webber	<1%
Other	25%

Your Pharmacist Recommends... By: Dr. West Conner
For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Flu Medicine

Tylenol Flu	39%
TheraFlu	27%
Advil Flu & Body Aches	11%
Comtrex Flu Therapy	4%
Oscillococcinum	4%
Contac Cold & Flu	3%
Alka Seltzer Flu	2%
Coricidin D	2%
Vicks Cold & Flu Relief	2%
Nyquil	1%
Dayquil	1%
Tussin DM	<1%
Other	4%

Foot Care Lotion

Zim's Crack Creme	22%
Dr. Scholl's	17%
Cetaphil	16%
Kerasal	15%
Neutrogena	8%
Pretty Feet	4%
Eucerin	3%
Lubriderm	1%
Vaseline	1%
Nexcare	1%
Amlactin	1%
Carmol 20	1%
Lac Hydrin	1%
PediSof	<1%
Bath & Body Works Foot Cream	<1%
Cavilon	<1%
Dermal Therapy	<1%
Elta	<1%
Ultramide	<1%
Other	6%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Headache

Tylenol	29%
Advil	27%
Motrin	11%
Excedrin	10%
Aleve	8%
Motrin Sinus	1%
Anacin	1%
BC	<1%
Tavist	<1%
Other	13%

Hemorrhoidal Products

Anusol	35%
Preparation H	34%
Nupercainal	13%
Tucks	13%
Anusol HC	<1%
Tronolane	<1%
Other	4%

Incontinence

Depend	73%
Poise	7%
Serenity	7%
Attends	6%
Brite-Life	<1%
Tena	<1%
Other	6%

Incontinence Ointment

ARC	23%
Carlesta	19%
Aloe Vesta	1%
Bag Balm	1%
Boudreaux Butt Paste	1%
Calmoseptine	1%
Carrington Barrier	1%
Sween	1%
Other	54%

Infant Formula

Enfamil	38%
Similac	24%
Isomil	7%
Carnation	5%
Alimentum	3%
Neocate	<1%
Other	24%

Jock Itch

Lotrimin	36%
Lamisil	32%
Tinactin	12%
Cruex	5%
Micatin	4%
Fougera	1%
ZeasorbAF	<1%
Other	9%

Joint Pain/Arthritis

Osteo Bi-Flex	32%
Cosamin DS	28%
Move Free	2%
Flex-a-min	2%
TripleFlex	2%
Ben Gay	1%
Motrin	1%
Aleve	1%
Biofreeze	1%
Other	30%

Lactose Intolerance

Lactaid	89%
Dairy Ease	5%
Digestive Advantage	2%
Equaline	1%
Lactrase	<1%
Mason Brand Lactose Intolerance	<1%
Other	2%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Laxatives - Bulk

Metamucil	40%
Citrucel	24%
FiberCon	18%
Benefiber	14%
Konsyl	2%
Fiberall	1%
Reguloid	<1%
Other	2%

Laxatives - Stimulant

Dulcolax	39%
Colace	26%
Senokot-S	21%
Fleet	2%
Phillips	2%
Correctol	1%
Ex-Lax	1%
Doxidan	1%
Senna	1%
Sennatab	<1%
Other	6%

Laxative/Stool Softener

Peri-Colace	35%
Dulcolax	18%
Senokot	14%
Doxidan	6%
Colace	6%
Correctol	3%
Phillips	1%
DOCSA	<1%
DOS Laxative	<1%
DSS/CASA	<1%
Easy Lax Plus	<1%
Other	16%

Lice

Nix	74%
Rid	17%
A-200	5%
Hair Clean 123	<1%
Nit Comb	<1%
Other	3%

Lip Balms

Carmex	33%
Blistex	24%
ChapStick	17%
Vaseline Lip Therapy	11%
Neosporin LT	5%
Zilactin	3%
Orabase	2%
Neutrogena	1%
Natural Ice	1%
Zim's Crack Creme Lip Form	<1%
Abreva	<1%
Burts Bees	<1%
Cle de Peau	<1%
Other	1%

Liquid Bandage

New-Skin	49%
Band-Aid Liquid Bandage	31%
3M Nexcare Liquid Bandage Drops	11%
Curad Spray	4%
Skin Shield	1%
Other	5%

Magnesium

Slow-Mag	49%
Blaine's Mag OX-400	21%
Nature Made	11%
Nature's Bounty	5%
Mag-Tab	3%
Windmill	3%
Sundown	1%
Mag64	1%
Magnesium Aspartate	1%
Other	7%

Meal Replacement Bars

Balance Bar	29%
Slim Fast	25%
Clif Bar	8%
AdvantEdge	4%
Marathon	4%
Edge	3%
Glucerna	1%
Power Bar	1%
ZONE	1%
Extend	<1%
Nite Bite	<1%
Detour	<1%
Gold Bar	<1%
Luna	<1%
Nutrilite	<1%
Payday Pro	<1%
Pria	<1%
Pure Protein	<1%
Other	22%

Menopause - Herbal Supplement

Estroven	57%
Remifemin	9%
Nature's Bounty	5%
Promensil	4%
Healthy Woman	3%
NewPhase	2%
Estromend	<1%
Other	20%

Menstrual Anxiety

Midol	24%
Advil	17%
Aleve	16%
Motrin	15%
Pamprin	10%
Premysyn PMS	7%
ThermaCare	2%
Women's Tylenol	1%
Nuprin	1%
Naproxen	<1%
Other	8%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Migraine Headache

Excedrin Migraine	59%
Advil Migraine	10%
Excedrin Extra Strength	9%
Aleve	9%
Motrin Migraine	3%
Tylenol	2%
Percogesic	1%
Other	6%

Moisturize Cream

Eucerin	35%
Lubriderm	16%
Amlactin	9%
Aveeno	8%
Neutrogena	6%
Vaseline Intensive Care	6%
Cetaphil	5%
Curel	3%
Keri	3%
Olay	2%
Zim's Crack Creme	2%
Nivea	1%
Dove	1%
Elta	1%
Pond's	<1%
Aquaphilic	<1%
Burt's Bees	<1%
Carmol	<1%
Cornhuskers	<1%
Moisturel	<1%
Nutraderm	<1%
Sarna	<1%
St. Ives	<1%
Uremol	<1%
Other	2%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Motion Sickness Remedies

Dramamine	50%
Bonine	40%
SeaBand	4%
Emetrol	2%
Meclizine	1%
Triptone	<1%
Other	3%

Mouthwashes & Rinses

Listerine	38%
Peroxyl	9%
Cepacol	8%
Crest Pro-Health	7%
Plax	7%
Colgate-Peroxyl	6%
Scope	6%
Act	4%
Biotene	4%
Oral-B	2%
Rembrandt	1%
Peridex	<1%
Other	8%

Multi-Vitamins

Centrum	64%
One A Day	8%
Nature Made	4%
Sundown	1%
Windmill	1%
Theragran-M	1%
Geritol	<1%
Natrol	<1%
Centravite	<1%
Procycle Gold	<1%
Thera M	<1%
Other	18%

Your Pharmacist Recommends... By: Dr. West Conner
For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Nail Anti-Fungals

Fungi Nail	33%
Dr. Scholl's	14%
Fungoid Tincture	14%
Fungi Cure	7%
Mycocide NS	6%
Tineacide	4%
NonyX	1%
Reclear AF	1%
Lotrimin	1%
Pro Clearz	<1%
Other	18%

Nasal Moisturizer - Saline

Ocean	64%
Ayr	11%
Simply Saline	8%
Little Noses	2%
Salinex	2%
4-Way	1%
Afrin	<1%
SinuCleanse Nasal Wash	<1%
Saline Nasal Mist	<1%
Other	12%

Nasal Strips

Breathe Right	92%
Clear Passage	<1%
Other	8%

Nutritional Supplements

Ensure	74%
Boost	20%
Osmolite 1cal	<1%
Other	5%

Your Pharmacist Recommends... By: Dr. West Conner
For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Omega -3 Fish Oil Supplement

Nature Made	34%
Nature's Bounty	18%
Sundown	8%
Natrol	5%
Nature's Way	4%
Windmill	3%
Mason	3%
Solgar	2%
TwinLab	1%
Basic	1%
NewChapter	<1%
NOW	<1%
Optimum Magno-Humphries Lab	<1%
Ortho Molecular	<1%
PharmAssure	<1%
Spring Valley	<1%
VitaSmart	<1%
Webber	<1%
Other	18%

Oral Cleansers

Listerine	56%
Peroxyl	35%
Chloraseptic	<1%
CloSYS	<1%
Crest Pro Rinse	<1%
Other	9%

Ovulation Prediction

First Response	44%
Clear Plan Easy	30%
BD Basal Thermometer	11%
Answer	2%
Ovuquick	1%
Other	12%

Poison Ivy/Poison Oak

Ivy-Dry	18%
Caladryl	13%
Benadryl	11%
Tecnu	10%
Aveeno	10%
Cortaid	9%
Zanfel Poison Ivy Wash	8%
Cortizone	7%
Ivarest	4%
Ivy Block	1%
Tecnu Extreme	1%
Ivy-Stat!	1%
CalaGel	<1%
Band-Aid Gel	<1%
DomeBoro	<1%
Other	6%

Pregnancy Testing

E.P.T.	49%
Clearblue Easy	19%
First Response	14%
Fact Plus	3%
Answer	1%
Accu-Clear	<1%
Clear Choice	<1%
Simplicity	<1%
Other	13%

Saliva Substitute

Salivart	43%
Roxane Saliva Substitute	28%
Oral Balance	13%
Xerolube	9%
OptiMoist	3%
GELCLAIR	<1%
Mouth Kote	<1%
Other	3%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Saint John's Wort

Nature Made	22%
Nature's Bounty	21%
Centrum	7%
Sundown	6%
Nature's Resource	4%
Natrol	2%
One A Day	2%
Celestial Seasonings	1%
Kira	1%
Windmill	1%
TwinLab TruHerbs	<1%
MASON	<1%
Nature's Blend	<1%
Natures Sunshine	<1%
Pharmasure	<1%
True Nature	<1%
Other	31%

Saw Palmetto

Nature's Bounty	31%
Centrum	17%
Sundown	11%
Nature's Resource	9%
One A Day	5%
Propalmex	1%
Windmill	1%
MASON	<1%
Mens Ultimate Health	<1%
Nature's Blend	<1%
Nature's Way	<1%
Nutriline	<1%
Optimum	<1%
Our Health Coop	<1%
Pharmasure	<1%
True Nature	<1%
Other	23%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Scar Treatment

Mederma	60%
Neosporin Scar Solution	15%
Curad Scar Therapy	5%
3M Nexcare	5%
ReJuveness	2%
Scar-Eeze	2%
Scarguard	1%
Scar Zone	<1%
Other	10%

Sinus Congestion

Sudafed Sinus	21%
Tylenol Sinus	18%
Advil Cold & Sinus	17%
Claritin	17%
Alavert	3%
Benadryl	3%
Motrin Sinus	2%
Tavist	2%
Aleve Cold & Sinus	1%
Alka-Seltzer Cold & Sinus	1%
Actifed	1%
Sinutab	1%
Benadryl-D	<1%
COMTREX	<1%
Drixoral	<1%
Motrin	<1%
Robitussin	<1%
Other	11%

Skin Care

Eucerin	46%
Cetaphil	26%
Aquaphor	21%
Dove	2%
Amlactin	1%
Aquaphilic	<1%
Aveeno	<1%
Elta	<1%
Keri	<1%
Lubriderm	<1%
Nutraderm	<1%
Purpose	<1%
Vaseline Intensive	<1%
Other	2%

Sleep Aids

Tylenol PM	25%
Unisom	22%
Benadryl	10%
Sominex	6%
Nytol	5%
Simply Sleep	4%
Excedrin PM	2%
Hyland's Calm Forte	1%
Alluna Sleep	1%
Valerian	1%
MidNite	<1%
Other	23%

Smoking Cessation

Nicoderm CQ Patch	60%
Nicorette Gum	16%
Nicotrol Patch	9%
Commit	5%
Habitrol	2%
Nicotrol NS	<1%
Other	7%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Snore Aids

Breathe Right	73%
SnoreStop	5%
Ayr	4%
Snoreeze	3%
Y Snore	2%
SNORenz	1%
Other	11%

Sore Throat - Liquids

Chloraseptic	65%
Cepacol	24%
Tylenol	5%
Triaminic	1%
Cepastat	<1%
Children's Liquid Motrin	<1%
Nice	<1%
Sucrets	<1%
Other	3%

Sore Throat - Lozenges

Chloraseptic	30%
Cepacol	29%
Cepastat	23%
Halls MAX	6%
Sucrets	4%
Halls	1%
Nice	1%
Ricola	1%
Bi-zets	<1%
Cold-eeze	<1%
Fisherman's friend	<1%
Other	4%

Soy

Estroven	37%
Nature Made	13%
Caltrate Plus Soy	12%
Healthy Woman Soy Menopause	8%
Remifemin	5%
Nature's Resource	3%
NewPhase	2%
Promensil	<1%
MASON	<1%
Revival Soy	<1%
True Nature	<1%
Other	18%

Stomach Acid - H2 Antagonists

Pepcid	62%
Zantac 75	32%
Tagamet HB	2%
Axid AR	1%
Other	4%

Stomach Upset

Pepto Bismol	19%
Pepcid Complete	19%
Maalox	16%
Mylanta	14%
Emetrol	10%
Tums	10%
Gaviscon	8%
Brioschi	1%
Rolaids	<1%
Mintox	<1%
Other	4%

Stool Softener

Colace	68%
Surfak	5%
Senokot	3%
Dulcolax	2%
Kaopectate	2%
Doxidan	<1%
Ex-lax	<1%
Doss	<1%
DSS	<1%
Peri-Dos	<1%
Other	19%

Teeth Whitener

Crest Whitestrips	70%
Oral B Rembrandt Whitening Strips	7%
Colgate Simple White	4%
Rembrandt Whitening Wand	3%
Oral B Rembrandt Whitening Pen	1%
Plus+White	1%
Crest Night Effects	1%
Other	14%

Teeth Whitening Kit

Rembrandt	49%
Natural White	16%
Plus+White	10%
WhiteLight	4%
Other	22%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Teeth Whitening Toothpaste

Colgate Plus Whitening	31%
Crest	22%
Rembrandt	18%
Mentadent	6%
Plus White	4%
Arm & Hammer	3%
Aqua Fresh	3%
Ultrabrite	2%
Colgate Total Plus Whitening	<1%
Tom's of Maine	<1%
Other	11%

Teething or Tooth Pain

Baby Orajel	66%
Anbesol	24%
Hyland's Teething Tablets/Gel	5%
Little Teethers	<1%
BIO Chamomille	<1%
Plain Orabase	<1%
Tylenol Infant Drops	<1%
Other	3%

Thermometers

BD	51%
ThermoScan	14%
Vicks	7%
Omron	5%
SunMark	5%
LifeSource (A&D Medical)	1%
Sunbeam	1%
Timex	<1%
Apex Digital Thermometers	<1%
Geratherm	<1%
Sponge Bob	<1%
Other	14%

Your Pharmacist Recommends... By: Dr. West Conner

For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Toothpaste

Colgate Total	36%
Crest Multicare	33%
Aquafresh	10%
Arm & Hammer	4%
Aim	4%
Mentadent	4%
Listerine	1%
Pepsodent	1%
Close-up	<1%
Other	7%

Toothpaste for Sensitive Teeth

Sensodyne	65%
Colgate Sensitive	10%
Crest Sensitive	10%
Mentadent Sensitive	4%
Aqua Fresh	3%
Rembrandt For Sensitive Teeth	2%
Other	6%

Topical Analgesics

BenGay	17%
Icy Hot	16%
Myoflex	14%
Capsazin	14%
Thera-Gesic	10%
Zostrix	9%
Aspercreme	6%
Sports Creme	2%
Blue Emu	2%
Joint Flex	1%
TIGER BALM	1%
ABSORBINE VET	<1%
Biofreeze	<1%
Flexall	<1%
Mineral Ice	<1%
Myo-flex	<1%
Perform	<1%
Other	6%

Your Pharmacist Recommends... By: Dr. West Conner
For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Urinary Tract Infection Testing

Azo Test Strips	51%
UTI	10%
Uri-Test	10%
Women's Wellbeing	2%
Other	27%

Urinary Tract Infection Prevention

Azo Cranberry	60%
Nature's Bounty	17%
Natrol	1%
Acidopholsis	<1%
Bio Cantharis Homeopathic	<1%
First Century	<1%
Mason Cranberry Urinary	<1%
Sundown	<1%
WINDMILL CRANBERRY	<1%
Other	20%

Vaginal Anti-Fungals

Monistat	64%
Gyne-Lotrimin	17%
Vagistat-1	8%
Femstat	2%
Mycelex	1%
Other	7%

Vaginal Moisturizer

K-Y Jelly	54%
Replens	16%
Astroglide	12%
Vagisil	7%
Vagistat	1%
Estroven	1%
Summer's Eve	1%
FemGlide	1%
Other	6%

Vitamin A

Nature Made	32%
Nature's Bounty	16%
Sundown	8%
Nature's Way	4%
Windmill	3%
Natrol	3%
Mason	2%
TwinLab	2%
Basic	1%
Vitasmart	1%
21st Century	<1%
Now	<1%
Spring Valley	<1%
Other	28%

Vitamin B

Nature Made	30%
Nature's Bounty	15%
Nature's Way	6%
Sundown	6%
Windmill	4%
Mason	3%
Natrol	2%
TwinLab	2%
Sol Gar	1%
Basic	1%
Vitasmart	1%
21st Century	<1%
NewChapter	<1%
Now	<1%
Spring Valley	<1%
Other	28%

Your Pharmacist Recommends... By: Dr. West Conner
For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Vitamin C

Nature Made	28%
Nature's Bounty	15%
Sundown	7%
Nature's Way	5%
Windmill	3%
Mason	3%
Natrol	2%
Sol Gar	2%
Basic	1%
TwinLab	1%
Vitasmart	1%
21st Century	<1%
Jamieson	<1%
NewChapter	<1%
Now	<1%
Spring Valley	<1%
Other	30%

Vitamin D

Nature Made	27%
Nature's Bounty	17%
Sundown	8%
Nature's Way	6%
Windmill	3%
Natrol	2%
Mason	2%
Sol Gar	2%
Basic	1%
OsCal with Vitamin D	1%
TwinLab	1%
21st Century	<1%
Nature's Blend	<1%
Now	<1%
Spring Valley	<1%
Swiss	<1%
Vitasmart	<1%
Other	28%

Your Pharmacist Recommends... By: Dr. West Conner
For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Vitamin E

Nature Made	29%
Nature's Bounty	17%
Sundown	7%
Nature's Way	5%
Windmill	4%
Natrol	3%
Mason	2%
Sol Gar	1%
Basic	1%
Vitasmart	1%
Other	31%

Wart Removers

Compound W	44%
DuoFilm	30%
Dr. Scholl's Clear Away	12%
Wartner	6%
Curad Mediplast	3%
Other	5%

Wound Care

Neosporin	75%
Polysporin	8%
Bacitracin	6%
Zim's Crack Creme	1%
Betadine	1%
Other	8%

Zinc for Common Cold

Cold-Eeze	50%
Zicam	25%
Cepacol Zinc	9%
Halls Defense Multi-Blend	5%
Airborne	1%
Nature's Resource lozenges	1%
Soothebs	1%
Windmill zinc lozenges	1%
Other	9%

Your Pharmacist Recommends... By: Dr. West Conner
For more free information, free articles, and free newsletter, visit www.MedicineCoach.com

Your Pharmacist Recommends... By: Dr. West Conner

Acne Treatment	Clearasil	Laxatives - Bulk	Metamucil
Adhesive Bandages	J & J Band-Aid	Laxatives - Stimulant	Dulcolax
Allergy	Claritin	Laxative/Stool Softener	Peri-Colace
Anti-Flatulence	Gas-X	Lice	Nix
Analgesic - Children	Children's Tylenol	Lip Balms	Carmex
Antacids/Heartburn	Prilosec OTC	Liquid Bandage	New-Skin
Anti-Diarrheals	Imodium A-D	Magnesium	Slow-Mag
Antibacterial Soap	Hibiclense	Meal Replacement Bars	Balance Bars
Anti-Cavity Rinse	Listerine	Menopause - Herbal Supplement	Estroven
Arthritis Pain Relievers - Oral	Aleve	Menstrual Anxiety	Midol
Artificial Tears	Tears Naturale	Migraine Headache	Excedrin Migraine
Aspirin	Ecotrin	Moisturize Cream	Eucerin
Athlete's Foot Remedies	Lamisil	Motion Sickness Remedies	Dramamine
Blood Pressure Monitors	Omron	Mouthwashes & Rinses	Listerine
Burn Preparations	Neosporin	Multi-Vitamins	Centrum
Calcium	Os-Cal	Nail Anti-Fungals	FungiNail
Canker Sores	Orabase	Nasal Moisturizer - Saline	Ocean
Children's Vitamins	Flintstones	Nasal Strips	Breathe Right
Cholesterol Reduction - Natural	Cholest-Off	Nutritional Supplements	Ensure
Cholesterol Testing	Cholestrak	Omega-3 Fish Oil Supplement	Nature Made
Cold Sores	Abreva	Oral Cleaners	Listerine
Common Cold - Adult Liquid	Robitussin	Ovulation Prediction	First Response
Common Cold - Adult Long Acting	Claritin	Poison Ivy/Poison Oak	Ivy-Dry
Common Cold - Adult Nighttime	NyQuil	Pregnancy Testing	E.P.T.
Common Cold-Adult Tablet/Capsule	Sudafed	Saliva Substitute	Salivart
Common Cold - Children	Dimetapp	Saint John's Wort	Nature Made
Common Cold Remedy - Nasal Spray	Zicam	Saw Palmetto	Nature's Bounty
Contact Lens Cleaner	Bausch & Lomb	Scar Treatment	Mederma
Contact Lens Solution	Bausch & Lomb	Sinus Congestion	Sudafed Sinus
C0-Q10	Nature Made	Skin Care	Eucerin
Cough - Adult	Robitussin	Sleep Aids	Tylenol PM
Cough - Children	Delsym	Smoking Cessation	Nicoderm CQ Patch
Cough - Diabetic	Diabetic Tussin	Snore Aids	Breathe Right
Dandruff Shampoo	Nizoral	Sore Throat - Liquids	Chloraseptic
Decongestants - Oral	Sudafed	Sore Throat - Lozenges	Chlorseptic
Decongestants - Nasal Sprays	Afrin	Soy	Estroven
Diabetic Blood Sugar Meters	Accu-Chek	Stomach Acid - H2 Antagonists	Pepcid
Diabetic Nutritional Supplements	Glucerna	Stomach Upset	Pepto Bismol
Diaper Rash	Desitin	Stool Softener	Colace
Diet/Weight Loss Product	Slim-Fast	Teeth Whitener	Crest Whitestrips
Dry Mouth	Biotene	Teeth Whitening Kit	Rembrandt
Ear Ache	Similasan Earache Relief	Teeth Whitening Toothpaste	Colgate Plus Whitening
Ear Wax Removal	Debrox	Teething or Tooth Pain	Baby Orajel
Expectorant - Adult	Mucinex	Thermometers	BD
Eye Drops - Allergy	Naphcon-A	Toothpaste	Colgate Total
Eye Drops - Anti-Irritants	Naphcon-A	Toothpaste for Sensitive Teeth	Sensodyne
Eye Vitamin Supplements	Ocuvite	Topical Analgesics	BenGay
Fiber Supplements	Benefiber	Urinary Tract Infection Testing	Azo Test Strips
Flax Seed Oil Supplement	Nature Made	Urinary Tract Infection Prevention	Azo Cranberry
Flu Medicine	Tylenol Flu	Vaginal Anti-Fungals	Monistat
Foot Care Lotion	Zim's Crack Crème	Vaginal Moisturizer	K-Y Jelly
Headache	Tylenol	Vitamin A	Nature Made
Hemorrhoidal Products	Anusol	Vitamin B	Nature Made
Incontinence	Depend	Vitamin C	Nature Made
Incontinence Ointment	ARC	Vitamin D	Nature Made
Infant Formula	Enfamil	Vitamin E	Nature Made
Jock Itch	Lotrimin	Wart Removers	Compound W
Joint Pain/Arthritis	Osteo Bi-Flex	Wound Care	Neosporin
Lactose Intolerance	Lactaid	Zinc for Common Cold	Cold-Eeze

This report is courtesy of Dr. West Conner.

For more free information, free articles, and free newsletter, please visit www.MedicineCoach.com.