



Guide to

Alcohol-Free Products

&

Incidental Exposure Index

&

Products Containing Alcohol

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## **HOW TO USE THIS GUIDE**

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FirstLab wishes to thank the Talbott Recovery Campus for granting FirstLab their permission to reprint and distribute this important guide.

This document was developed through a collaborative effort between some of the best minds in addiction care today, to help you make wise decisions concerning over-the-counter (OTC) or prescription medications and help you to avoid incidental exposure to alcohol which could threaten your hard won recovery.

Please remember that this guide is only intended as a quick reference and never as a substitute for the advice of your own personal physician. It is essential that you inform all of your personal physicians, dentists and other health care providers of your chemical dependency history so that medications can be prescribed safely and appropriately when they are deemed necessary. Never discontinue or make any changes in the doses of medication that you may have been prescribed. Doing so may result in unexpected problems such as withdrawal reactions, which in some cases can be life-threatening. The bottom line is that a recovering addict or alcoholic needs to become a good consumer. Remember that “Recovery Is Its Own Reward.” Being healthy and regaining a happy life is your responsibility!

# Alcohol-Free Products

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The following is a selection of alcohol-free products grouped by therapeutic category. The list is not comprehensive. Manufacturers change product ingredients and brand names frequently. Always check product labeling for definitive information on specific ingredients. Manufacturers are listed after each product name. Please note that some of these medications, while alcohol-free, do contain compounds with addiction liability and are thus Class B medications. Such products are preceded by an asterisk (\*).

## Analgesics:

Acetaminophen Infants Drops	Ivax
Actamin Maximum Strength Liquid (acetaminophen)	Cypress
Addaprin Tablet (ibuprofen)	Dover
Advil Children's Suspension (ibuprofen)	Wyeth Consumer
Aminofen Tablet (acetaminophen)	Dover
Aminofen Max Tablet (acetaminophen)	Dover
APAP Elixir (acetaminophen)	Bio-Pharm
Aspirin Tablet (aspirin)	Dover
Genapap Children Elixir (acetaminophen)	Ivax
Genapap Infant's Drops (acetaminophen)	Ivax
Motrin Children's Suspension (ibuprofen)	McNeil Consumer
Motrin Infants' Suspension (ibuprofen)	McNeil Consumer
Silapap Children's Elixir (acetaminophen)	Silarx
Silapap Infant's Drops (acetaminophen)	Silarx
Tylenol Children's Suspension (acetaminophen)	McNeil Consumer
Tylenol Extra Strength Solution (acetaminophen)	McNeil Consumer
Tylenol Infant's Drops (acetaminophen)	McNeil Consumer
Tylenol Infant's Suspension (acetaminophen)	McNeil Consumer

## Anti-Asthmatic Agents:

Dilor-G Liquid (guaifenesin/dyphylline)	Savage
Elixophyllin-GG liquid (guaifenesin/theophylline)	Forest

## Anti-Convulsants:

Zarontin Syrup (Ethosuximide)	Pfizer
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## Antiviral Agents:

Epivir Oral Solution (Lamivudine)	GlaxoSmithKline
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## Cough/Cold/Allergy Preparations:

*Accuhist Pediatric Drops (brompheniramine/pseudoephedrine)	Propst
*Alka Seltzer Plus Day Cold (acetaminophen, dextromethorphan, phenylephrine)	Bayer

# Alcohol-Free Products

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## Cough/Cold/Allergy Preparations (cont):

*Alka Seltzer Plus Night Cold (acetaminophen, dextromethorphan, phenylephrine, chlorpheniramine, doxylamine)	Bayer
*Allergy Relief Medicine Children's Elixir (diphenhydramine)	Hi-Tech Pharmacal
*Andehist DM Drops (carbinoxamine/ dextromethorphan)	Cypress
*Andehist DM Syrup (carbinoxamine/ dextromethorphan)	Cypress
*Andehist DM NR Liquid (carbinoxamine/dextromethorphan/pseudoephedrine)	Cypress
*Andehist DM NR Syrup (carbinoxamine/dextromethorphan/pseudoephedrine)	Cypress
*Andehist NR Syrup (carbinoxamine/pseudoephedrine)	Cypress
*Bayer Alka Seltzer Plus Cold & Cough (acetaminophen, dextromethorphan, phenylephrine, chlorpheniramine)	Bayer
*Benadryl Allergy Solution (diphenhydramine)	Pfizer Consumer
*Biodec DM Drops (carbinoxamine/dextromethorphan/pseudoephedrine)	Bio-Pharm
*Biodec DM Syrup (carbinoxamine/dextromethorphan/pseudoephedrine)	Bio-Pharm
*Broncotron Liquid (pseudoephedrine)	Seyer Pharmatec
*Buckleys Mixture, (dextromethorphan)	Novartis
Carbatuss Liquid (phenylephrine/guaifenesin)	GM
Cepacol Sore Throat Liquid (benzocaine)	J.B. Williams
*Children's Benadryl Allergy, (diphenhydramine)	Pfizer
*Chlor-Trimeton Allergy Syrup (chlorpheniramine)	Schering Plough
*Codal-DM Syrup (dextromethorphan/phenylephrine/pyrilamine)	Cypress
*Creomulsion Complete Syrup (chlorpheniramine/pseudoephedrine/dextromethorphan)	Summit Industries
*Creomulsion Cough Syrup (dextromethorphan)	Summit Industries
*Creomulsion For Children Syrup (dextromethorphan)	Summit Industries
*Creomulsion Pediatric Syrup (chlorpheniramine/pseudoephedrine/dextromethorphan)	Summit Industries
*Delsym Cough Suppressant (dextromethorphan)	Cell Tech
*Despec Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan/guaifenesin/phenylephrine)	International Ethical
*Diabetic Tussin Allergy Relief Liquid (chlorpheniramine)	Healthcare Products
*Diabetic Tussin DM Liquid (guaifenesin/dextromethorphan)	Healthcare Products
*Diabetic Tussin DM Maximum Strength Liquid (guaifenesin/dextromethorphan)	Healthcare Products
*Diabetic Tussin DM Maximum Strength Capsule (guaifenesin/dextromethorphan)	Healthcare Products
Diabetic Tussin EX Liquid (guaifenesin)	Healthcare Products
*Diabetic Tussin Nighttime Formula Cold/Flu Relief (dextromethorphan, acetaminophen, diphenhydramine)	Healthcare Products
*Dimetapp Cold & Fever Children's Suspension (ibuprofen/pseudoephedrine)	Wyeth Consumer
*Double-Tussin DM Liquid (guaifenesin/dextromethorphan)	Reese
*Dynatuss Syrup (carbinoxamine/pseudoephedrine/dextromethorphan)	Breckenridge
*Dynatuss EX Syrup (guaifenesin/dextromethorphan/pseudoephedrine)	Breckenridge
*Entex Syrup (phenylephrine/guaifenesin)	Andrx

# Alcohol-Free Products

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## Cough/Cold/Allergy Preparations (cont):

*Father John's Medicine Plus Drops (chlorpheniramine/ phenylephrine/ dextromethorphan/ guaifenesin/ammonium chloride)	Oakhurst
*Friallergia DM Liquid (brompheniramine/pseudoephedrine/dextromethorphan)	R.I.D.
*Friallergia Liquid (brompheniramine/pseudoephedrine)	R.I.D.
*Gani-Tuss-DM NR Liquid (guaifenesin/dextromethorphan)	Cypress
*Genahist Elixir (diphenhydramine)	Ivax
*Giltuss Pediatric Liquid (guaifenesin/dextromethorphan/pseudoephedrine)	Gil
*Giltuss Liquid (guaifenesin/dextromethorphan/pseudoephedrine)	Gil
*Guaicon DMS Liquid (guaifenesin/dextromethorphan)	Textilease Medique
*Guai-Dex Liquid (guaifenesin/dextromethorphan)	Alphagen
*Guaifed Syrup (phenylephrine/pseudoephedrine/guaifenesin)	Muro
*Hayfebrol Liquid (chlorpheniramine/pseudoephedrine)	Scot-Tussin
*Histex Liquid (chlorpheniramine/pseudoephedrine)	TEAMM
Histex PD Drops (carbinoxamine)	TEAMM
Histex PD Liquid (carbinoxamine)	TEAMM
*Hydramine Elixir(diphenhydramine)	Ivax
*Hydro-Tussin DM Elixir (guaifenesin/dextromethorphan)	
*Kita La Tos Liquid (guaifenesin/dextromethorphan)	R.I.D.
*Lodrane Liquid (brompheniramine/pseudoephedrine)	ECR
*Medi-Brom Elixir (brompheniramine/pseudoephedrine/dextromethorphan)	Medicine Shoppe
*Motrin Cold Children's Suspension (ibuprofen/pseudoephedrine)	McNeil Consumer
*Nalex-A Liquid (chlorpheniramine/phenylephrine)	Blansett Pharmacal
*Nalspan Senior DX Liquid (guaifenesin/dextromethorphan)	Morton Grove
*Neotuss-D Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan/guaifenesin)	A.G. Marin
*Norel DM Liquid (chlorpheniramine/phenylephrine/ dextromethorphan)	U.S. Pharmaceutical
Orgadin Liquid (guaifenesin)	American Generics
Organidin NR Liquid (guaifenesin)	Wallace
*Palgic-DS Syrup (carbinoxamine/pseudoephedrine)	Pamlab
*Panmist DM Syrup (guaifenesin/dextromethorphan/pseudoephedrine)	Pamlab
*Panmist-S Syrup (guaifenesin/pseudoephedrine)	Pamlab
*PediaCare Cold + Allergy Children's Liquid (chlorpheniramine/pseudoephedrine)	Pharmacia
*PediaCare Cough + Cold Children's Liquid (chlorpheniramine/ pseudoephedrine/ dextromethorphan)	Pharmacia
*PediaCare Nightrest Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan)	Pharmacia
*Pediahist DM Syrup (brompheniramine/pseudoephedrine/dextromethorphan/guaifenesin)	Boca
*Pedia-Relief Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan)	Major
Pediatex Liquid (carbinoxamine)	Zyber
*Pediatex-D Liquid (carbinoxamine/pseudoephedrine)	Zyber
Phanasin Syrup (guaifenesin)	Pharmakon

# Alcohol-Free Products

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## Cough/Cold/Allergy Preparations (cont):

Phanatuss Syrup (guaifenesin)	Pharmakon
*Phena-S Liquid (chlorpheniramine/phenylephrine)	GM
*Poly-Tussin DM Syrup (chlorpheniramine/phenylephrine/dextromethorphan)	Poly
*Primsol Solution(trimethoprim)	Medicis
*Prolex DM Liquid (guaifenesin/dextromethorphan)	Blansett Pharmacal
*Quintex Syrup (phenylephrine/guaifenesin)	Qualitest
*Robitussin Cough & Congestion Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan/guaifenesin/acetaminophen)	Wyeth Consumer
*Robitussin Cough & Cold Nighttime (chlorpheniramine, dextromethorphan, phenylephrine)	Wyeth
*Robitussin Cough & Allergy (chlorpheniramine, dextromethorphan, phenylephrine)	Wyeth
*Robitussin Cough & Cold CF (dextromethorphan, guaifenesin, phenylephrine)	Wyeth
*Robitussin Cold & Flu Nighttime (acetaminophen, chlorpheniramine, dextromethorphan, phenylephrine)	Wyeth
*Robitussin DM Liquid (guaifenesin/dextromethorphan)	Wyeth Consumer
*Robitussin PE Syrup (pseudoephedrine/guaifenesin)	Wyeth Consumer
*Robitussin Pediatric Drops (guaifenesin/dextromethorphan/pseudoephedrine)	Wyeth Consumer
*Robitussin Pediatric Night Relief Liquid (chlorpheniramine/dextromethorphan/pseudoephedrine)	Wyeth Consumer
*Scot-Tussin Allergy Relief Formula Liquid (diphenhydramine)	Scot-Tussin
*Scot-Tussin DM Liquid (chlorpheniramine/dextromethorphan/guaifenesin)	Scot-Tussin
*Scot-Tussin Expectorant Liquid (guaifenesin)	Scot-Tussin
*Scot-Tussin Original Syrup (phenylephrine)	Scot-Tussin
*Scot-Tussin Senior Liquid (guaifenesin/dextromethorphan)	Scot-Tussin
*Sildec Liquid (brompheniramine/pseudoephedrine/carbinoxamine)	Silarx
*Sildec Syrup (brompheniramine/pseudoephedrine/carbinoxamine)	Silarx
*Sildec-DM Drops (brompheniramine/pseudoephedrine/carbinoxamine/dextromethorphan)	Silarx
*Sildec-DM Syrup (brompheniramine/pseudoephedrine/ carbinoxamine/dextromethorphan)	Silarx
Siltussin DAS Liquid (guaifenesin)	Silarx
*Siltussin DM Syrup (guaifenesin/dextromethorphan)	Silarx
*Siltussin DM DAS Cough Formula Syrup (guaifenesin/dextromethorphan)	Silarx
Siltussin SA Syrup (guaifenesin)	Silarx
*Simply Cough Liquid (dextromethorphan)	McNeil Consumer
*Sudatuss DM Syrup (chlorpheniramine/dextromethorphan/pseudoephedrine)	Pharmaceutical Generic
*Tussafed Syrup (chlorpheniramine/carbinoxamine/ pseudoephedrine/dextromethorphan)	Everett
*Tussafed-EX Syrup (pseudoephedrine/dextromethorphan/guaifenesin)	Everett
*Tuss-DM Liquid (chlorpheniramine/phenylephrine/guaifenesin/dextromethorphan)	Seatrace
*Tussi-Organidin DM NR Liquid (guaifenesin/dextromethorphan)	Wallace
*Tussi-Pres Liquid (guaifenesin/dextromethorphan/pseudoephedrine)	Kramer-Novis

# Alcohol-Free Products

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## Cough/Cold/Allergy Preparations (cont):

*Tylenol Cold Children's Liquid (chlorpheniramine/pseudoephedrine/acetaminophen)	McNeil Consumer
*Tylenol Cold Infants' Drops (acetaminophen/pseudoephedrine)	McNeil Consumer
*Tylenol Flu Children's Suspension (chlorpheniramine/pseudoephedrine/dextromethorphan/acetaminophen)	McNeil Consumer
*Tylenol Flu Night Time Max Strength Liquid (acetaminophen/ doxylamine/ diphenhydramine/pseudoephedrine/dextromethorphan)	McNeil Consumer
*Tylenol Sinus Children's Liquid (acetaminophen/pseudoephedrine)	McNeil Consumer
*Vicks Dayquil Multi-symptom cold/flu relief (acetaminophen, dextromethorphan, phenylephrine)	Procter & Gamble
*Vicks 44E Pediatric Liquid (guaifenesin/dextromethorphan)	Procter & Gamble
*Vicks 44M Pediatric Liquid (chlorpheniramine/pseudoephedrine/dextromethorphan)	Procter & Gamble
*Z-Cof DM Syrup (guaifenesin/dextromethorphan/pseudoephedrine)	Zyber

## Ear/Nose/Throat Products:

4-Way Saline Moisturizing Mist Spray	Bristol-Myers
Ayr Baby Saline Spray	Ascher, B.F.
Bucalcide Solution (benzocaine)	Seyer Pharmatec
Bucalcide Spray (benzocaine)	Seyer Pharmatec
Bucalsep Solution (benzocaine)	Gil
Bucalsep Spray (benzocaine)	Gil
Cepacol Sore Throat Liquid (benzocaine)	Combe
Gly-oxide Liquid (carbamide peroxide)	GlaxoSmithKline
Consumer Orasept Mouthwash/Gargle Liquid (benzocaine)	Pharmakon Labs
Zilactin Baby Extra Strength Gel (benzocaine)	Zila Consumer

## Gastrointestinal Agents

Imogen Liquid (loperamide)	Pharmaceutical
Kaopectate (bismuth subsalicylate)	Ethex

## Generic

Kaopectate Suspension (bismuth subsalicylate)	Pharmacia
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## Consumer

Liqui-Doss Liquid (mineral oil)	Ferndale
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## Hematinics

Irofol Liquid (iron)	Dayton
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# Alcohol-Free Products

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## Miscellaneous

**Cytra-2 Solution** (sodium citrate salts)  
**Cytra-K Solution** (sodium citrate salts)  
**Emetrol Solution** (phosphorated carbohydrate)

**Cypress**  
**Cypress**  
**Pharmacia Consumer**

## Psychotropics

**\*Thorazine Syrup** (chlorpromazine)

**GlaxoSmithKline**

## Topical Products

**Aloe Vesta 2-N-1 Antifungal Ointment** (miconazole)  
**Fleet Pain Relief Pads** (pramoxine)  
**Neutrogena Acne Wash Liquid**  
**Neutrogena Antiseptic Liquid**  
**Neutrogena Clear Pore Gel**  
**Neutrogena T/Derm Liquid**  
**Neutrogena Toner Liquid**  
**Podiclens Spray** (benzalkonium chloride)  
**Sea Breeze Foaming Face Wash Gel**

**Convatec**  
**Fleet**  
**Neutrogena**  
**Neutrogena**  
**Neutrogena**  
**Neutrogena**  
**Neutrogena**  
**Woodward**  
**Clairol**

## Vitamins/Minerals/Supplements

**Apetigen Elixir** (vitamins A & E/multivitamin)  
**Genesupp-500 Liquid** (multivitamin)  
**Genect Plus Liquid** (multivitamin/iron)  
**Multi-Delyn w/Iron Liquid** (multivitamin/iron)  
**Poly-Vi-Sol Drops** (multivitamin)  
**Poly-Vi-Sol w/Iron Drops** (multivitamin/iron)  
**Strovite Forte Syrup** (multivitamin/iron/folic acid)  
**Supervite Liquid** (multivitamin/B complex/folic acid/multivitamin)  
**Suplevit Liquid** (multivitamin/iron)  
**Tri-Vi-Sol Drops** (multivitamin)  
**Tri-Vi-Sol w/Iron Drops** (multivitamin/iron)  
**Vitafol Syrup** (multivitamin/iron/folic acid/vitamin E/calcium salts)

**Pharmaceutical Generic**  
**Pharmaceutical Generic**  
**Pharmaceutical Generic**  
**Silarx**  
**Mead Johnson**  
**Mead Johnson**  
**Everett**  
**Seyer Pharmatec**  
**Gil**  
**Mead Johnson**  
**Mead Johnson**  
**Everett**



# Incidental Exposure Index

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New markers for alcohol use, ethylglucuronide (EtG), ethylsulfate (EtS) and others, have added tremendous value to routine drug testing by their capacity to better document abstinence (allowing for more authoritative advocacy) and sensitively to detect early relapse (allowing for earlier assistance). Since these new markers are highly sensitive, it's important that individuals being tested try to avoid exposure to products containing alcohol that might cause positive tests. This issue is identical to that of avoiding poppy seeds to avoid a positive test for morphine. However, there are many more products containing alcohol. \*\*\*Please note that this list is not exhaustive, therefore it is recommended that patients check labels or with manufacturers before using.\*\*\*

## Possible Sources of Incidental Exposure

### *Foods*

Foods can contain trace amounts or large quantities of alcohol. Avoid desserts and other foods cooked with or containing alcoholic beverages such as vodka, sherry, wine, etc. Also avoid foods containing significant amounts of vanilla extract (especially if added to drinks), wine vinegar, soy sauces and other condiments with alcohol content on their labels.

### *Hygiene Products*

Many hygiene related products, such as mouthwashes, contain alcohol and should be avoided. For a comprehensive list of hygiene products that contain alcohol, please read the *Alcohol-Containing Products Table* on the following pages.

### *Over-the-Counter Medications*

Over-the-counter medications, such as cough syrup and tinctures, contain alcohol and should be avoided. Please review the *Over-the-Counter Medications Alcohol Content Table* on the following pages for a more detailed breakdown of OTCs that contain alcohol.

### *Prescription Medications*

Many prescription medications, including asthma inhalers, contain alcohol or ethanol. Always ask your health care provider prior to taking any prescription medications.

### *Other Sources of Alcohol*

Alcohol can be found in many common products including communion wine and "alcohol-free" beer and wine. Recovering patients should also avoid products like hand sanitizers, deodorant sprays, cosmetics and insecticides that contain ethanol vapor and can be inhaled or absorbed through skin application.

# Incidental Exposure Index

## Alcohol-Containing Products Table

### Alcohol-Containing Products Table

The following is a list of products and their alcohol contents. Not all of these would actually be likely to be sources of incidental exposure and some would result in very toxic effects if there was much exposure (i.e. Clorox).

<i>Product</i>	<i>Alcohol %</i>
ABIN Primer & Sealer	35
Afta After Shave Skin Conditioner 3 OZ.	5-15
Afta Pre-Electric Shave Lotions	50-60
Ajax Antibacterial Dishwashing Liquid 19 OZ.	5-10
Ajax Dishwashing Liquid Antibacterial Hand Soap 38 OZ.	1-5
Aqua Mix Laminate Plus	<9
Aqua Mix Tile Plus More Cleaner-10/31/2000	<9
Ariel Liquid Laundry Detergent	1-5
Armor All Odor Eliminator	3-7
Armor All Odor Eliminator-01/01/2001	1-10
Arrid Total Gel-All Scents	7-12
Avon Black Suede After Shave	60-98
Avon Black Suede Cologne Spray	60-98
Avon Clearskin Targeted Blemish Remover	9.995
Avon Dreamlife Eau de Parfum Spray	60-98
Avon Far Away Sensual Embrace Eau de Parfum Spray	60-98
Avon Ginger Scents Spray Ginger Fresh Body Mist	60-98
Avon Haiku Eau de Parfum Spray	60-98
Avon Imari Eau de Cologne Spray	60-98
Avon Intrigue Cologne Spray	60-98
Avon Lil Hugs Gentle Splash	60-98
Avon Little Black Dress Eau de Parfum Spray	60-98
Avon Memorable Eau de Parfum Spray	60-98
Avon Mesmerize for Men Cologne Spray	60-98
Avon Midnight Frost Fragrance Spray	60-98
Avon Moisture Effective Eye Makeup Remover Lotion	60-98
Avon MUSK FOR BOYS	60-98
Avon NAIL EXPERTS Strong Results	21.74
Avon NATURALS Body Spray, Almond	60-98
Avon NATURALS Body Spray, Cucumber Melon	60-98
Avon NATURALS Body Spray, Gardenia	60-98
Avon NATURALS Body Spray, Lily	60-98
Avon NATURALS Body Spray, Peach	60-98
Avon NATURALS Body Spray, Plumeria	60-98
Avon NATURALS Body Spray, Raspberry	60-98

# Incidental Exposure Index

## Alcohol-Containing Products Table

<i><b>Product</b></i>	<i><b>Alcohol %</b></i>
Avon NATURALS Body Spray, Sea	60-98
Avon NATURALS Body Spray, Vanilla	60-98
Avon Night Evening Magic Cologne Spray	60-98
Avon Passion Dance for Men	60-98
Avon Passion Dance for Women	60-98
Avon Perceive Eau de Parfum Spray for Women	60-98
Avon Perceive For Men Cologne Spray	60-98
Avon Pink Suede Eau de Toilette Spray	60-98
Avon Planet Spa White Tea Energizing Face and Body Mist	60-98
Avon Prospect Eau de Toilette Spray	60-98
Avon Radiant Moments Body Spray	60-98
Avon RARE GOLD Eau de Parfum Spray	60-98
Avon RARE PEARLS Eau de Parfum Spray	60-98
Avon Simply Radiant Shimmering Body Spray	60-98
Avon Vintage Cologne Spray	60-98
Avon WILD COUNTRY After Shave	60-98
Avon WILD COUNTRY Cologne Spray	60-98
Avon Wild Country Outback After Shave Lotion	60-98
Avon Wild Country Outback Eau De Toilette Spray	60-98
Bath & Body Instant Anti-Bacterial Hand Gel-Freesia	60
Bay Rum After Shave Balm	30
Bold Liquid Laundry Detergent	1-5
Bravo Platinum Series Metered Air Freshener	15-25
Bulls Eye Clear Shellac	55
Cascade Crystal Clear Plus Shine Shield Rinse Agent 8.45 fl oz	3-7
Cheer Liquid Laundry Detergent	1-5
Clorox Dual Action Toilet Bowl Cleaner 1 Pt. 9 Fl. Oz. (Chambered Bottle)	1-5
Clorox Spring Mist Disinfecting Spray-Floral Fresh 18 Oz. (aerosol)	60-80
Cutter All Family Insect Repellent 2 Aerosol	35
Cutter All Family Insect Repellent Mosquito Repellent Pump Spray	39
Cutter Insect Repellent	17
Cutter Skinsations Insect Repellent 1, Aloe & Vitamin E, Clean Fresh Scent	50
Cutter Unscented Backwoods Insect Repellent, Water-Resistant Sport Formula, Aerosol	35
Cutter Unscented Backwoods Mosquito Wipes	29
Cutter Unscented Insect Repellent	37
Cutter Unscented Outdoorsman Insect Repellent II Pump Spray	44
Cutter Unscented Outdoorsman Insect Repellent, Water-Resistant Sport Formula, Aerosol	20

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## Alcohol-Containing Products Table

<i><b>Product</b></i>	<i><b>Alcohol %</b></i>
DAP Easy Bond Adhesive	1.0-5.0
Dawn Manual Pot and Pan Detergent	5-10
Dawn Manual Pot and Pan Detergent (Professional Line)	5-10
Deep Woods OFF!	50-60
Deep Woods Off! Pump Spray	30-40
Dermassage Dishwashing Hand Liquid - Regular	1-5
Downy Advanced w/Wrinkle Control Fabric Softener (Clean Breeze, Mountain Spring)	1-5
Downy Enhancer	1-5
Downy Enhancer (Invigorating Burst and Calming Mist)	1-5
Downy Premium Care	1-5
Dreft Liquid Laundry Detergent	1-5
Easy Off Heat Activated Microwave Wipes	5-10
Era Liquid Laundry Detergent	1-5
Fab Color Plus Ultra Power	1-5
Farnam Cologne & Deodorant for Pets	20
Febreze Air Effects 9.7 oz Blossoms and Breeze	3-7
Febreze Air Effects 9.7 oz Citrus and Light	3-7
Febreze Air Effects 9.7 oz Spring and Renewal	3-7
Febreze Concentrated Fabric Refresher	12-17
Febreze Fabric Refresher	1-5
Fire Up II Firestarter	<85
Gain Liquid Laundry Detergent	1-5
Giant Auto Dish Detergent 75 OZ BOX	1-5
Giant Pure Power Auto Dish Detergent Lemon 45 OZ BOX	1-5
Glade Fragrant Mist Country Garden	7-13
Glass Mates	4.0-6.0
Glass Mates-05/16/2000	4.0-6.0
HOUSE SAVER Pet Stain & Odor Remover	20
Invisible Shield Surface Protectant-04/11/2002	78
Ivory Snow Liquid Laundry Detergent	1-5
KimCare Instant Hand Sanitizer	60
Lady Speed Stick Clear Antiperspirant Deodorant Gel	15-20
Listerine Antiseptic Mouthwash	26.9
Listerine Cool Mint Antiseptic Mouthwash	23
Listerine Fresh Burst Antiseptic Mouthwash	23
Listermint Mouthwash	<10
Loctite Crafter's All Purpose Adhesive	3-5

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## Alcohol-Containing Products Table

<i>Product</i>	<i>Alcohol %</i>
Loctite Fabric Glue	3-5
Loctite Outdoor Fixture Adhesive	1-5
LOreal Pumping Curls for Curly Hair	41
Lysol Brand Antibacterial Hand Gel	63
Lysol Brand Disinfectant Spray, Antibacterial, Original Scent	79.0
Lysol Brand II Disinfectant Plus Fabric Refresher 12 oz	85
Lysol Brand II Disinfectant Spray-Country Scent (aerosol)	79
Lysol Brand Sanitizing Wipes-Citrus Scent	8-10
Lysol Brand Sanitizing Wipes-Spring Waterfall 52 oz	8-10
Lysol Brand Scrubbing Wipes-Orange Breeze Scent	8-12
Martin Weber Blue Label Fixatif Spray	60-70
Martin Weber Cleaning Solution	31
Mr Muscle Pot & Pan Detergent	3-7
Nair Hair Remover Kit, Cold Wax Strips Pretreatment Towelette	5-20
New-Skin Liquid Bandage	5
Nilodor Air Freshener-Floral	0.5-3.5
Nilodor Carpet Care Deodorizing Spot/Stain Remover	2-6
Nilodor Deodorizing Carpet Extractor	2-6
Nilodor Odor Neutralizer	0.5-3.5
Nilotex Carpet Care	2-6
Off Skintastic Insect Repellent for Kids	>90
Off! Deep Woods for Sportsmen Insect Repellent IV, Aerosol	50-60
Off! Deep Woods Insect Repellent V Spray, Unscented	50-60
Off! Skintastic IV	90-95
Old English Furniture Wipes	4-8
Oust Air Sanitizer, Outdoor Scent	60-70
Oust Bathroom Citrus Scent Fan .40 oz.	40-60
Oust Bathroom Outdoor Scent Fan	40-60
Palmolive Original Hand Dishwashing Liquid	4.3
Paul Mitchell Freeze & Shine Super Spray	>60
Paul Mitchell Freeze & Shine Super Spray (New)	<60
Paul Mitchell Soft Sculpting Spray Gel	<20
Pine Power Disinfectant Cleaner	<5.0
Purell Instant Hand Sanitizer	62
Purell Instant Hand Sanitizer Dry Hands Formula	62
Purell Instant Hand Sanitizer Packets	62
Purell Instant Hand Sanitizer with Aloe, Moisturizers & Vitamin E	62
Purell Instant Hand Sanitizer, Original	62

# Incidental Exposure Index

## Alcohol-Containing Products Table

<i>Product</i>	<i>Alcohol %</i>
Purell Kids Own Berry Blast	62
Radio Shack 951 Low Residue Soldering Paste Flux	73
Radio Shack Cleaner/Degreaser	27
Radio Shack Professional Tape Head Cleaner	15-20
Rain X Marine Windshield Treatment	70-95
Rain X The Invisible Windshield Wiper	86
Rain-X Anti-Fog	70-99
Rain-X Windshield Wax	70-95
Repel Hunters' Insect Repellent with Earth Scent, 55 Percent DEET	<45
Repel Insect Repellent Family Formula Spray Pump, 23 Percent DEET	44
Repel Insect Repellent Scented Family Formula Aerosol, 23 Percent DEET	48.3
Repel Insect Repellent Sportsmen Formula Spray Pump, 25 Percent DEET	55
Repel Insect Repellent Sportsmen Max Formula, 40 Percent DEET	43.7
Repel Lemon Eucalyptus Insect Repellent Lotion	<10
Repel Lemon Eucalyptus Insect Repellent Spray Lotion	<10
Soft Soap Hand Sanitizer - Gel	60-65
Spic and Span 10X Concentrate Disinfecting All Purpose Spray	12-25
Spic and Span Floor and Multi Surface Cleaner	0-5
Spray N Wash Laundry Stain Remover	2-3
Static Guard	70-72
Survivor Lemon Eucalyptus Insect Repellent Lotion	<10
TEN O SIX Medicated Deep Pore Cleanser	<15
Time Mist Air Freshener W/Odor Counteractant	15-25
Ultra Downy Liquid Fabric Softener	1-5
Valspar One & Only Interior/Exterior Multi Purpose Flat Black Finish	5-10
Valspar One & Only Multi Purpose Gloss Enamel, Almond	5-10
Valspar One & Only Multi Purpose Gray Metal Primer	5-10
Viadent Advanced Care Rinse	5-10
Wet Ones Antibacterial Moist Towelettes, Citrus	9.6
Wet Ones Antibacterial Moist Towelettes, Travel Pack, Citrus	9.6
Wet Ones Antibacterial Portable Washcloths, Ultra	0-9.6
Wet Ones Kids Antibacterial Wipes, Wild Watermelon & Ballistic Berry	0-9.6
Wet Ones Moist Towelettes with Aloe, Travel Pac	0-10.5
Wet Ones Moist Towelettes with Vitamin E & Aloe	0-10.5
Wet Ones Portable Washcloths with Vitamin E & Aloe, Ultra	0-10.5
Wet Ones Ultra Portable Antibacterial Wash Cloths	9.6
Wet Ones, Antibacterial Moist Towelettes, Thick Cloths	9.6
Zep Tile and Terrazzo Cleaner	5-15

# Incidental Exposure Index

## Over-the-Counter Medications Alcohol Content Table

### Over-the-Counter Medications Alcohol Content Table

<i>Item</i>	<i>Use</i>	<i>Manufacturer</i>	<i>Alcohol %</i>
Ambenyl	cough suppressant	Forest	5
Ambenyl-D	expectorant, nasal decongestant, cough suppressant	Forest	9.5
Anesol	oral antiseptic, anesthetic	Whitehall	70
AsbronG Elixir	anti-asthmatic	Sandoz	15
Bayer children's Cough Syrup	cough suppressant, nasal decongestant	Glenbrook	5
Benadryl Decongestant Elixir	antihistamine	Parke-Davis	5
Benadryl Elixir	antihistamine	Parke-Davis	14
Benylin Cough Syrup	cough suppressant	Parke-Davis	5
Benylin DM	cough suppressant	Parke-Davis	5
Bronkolixir	bronchodilator, decongestant	Winthrop	19
Cepacol/Cepacol Mint	mouthwash, gargle	Lakeside	14.5
Ce-Vi-Sol	vitamin C drops (infant)	Mead-Johnson	5
Cheracol D	cough suppressant, decongestant	Upjohn	4.75
Cheracol Plus	cough suppressant, decongestant	Upjohn	8
Chlor-Trimeton Allergy Syrup	antihistamine	Schering	7
Choedyl Elixir	bronchodilator	Parke-Davis	20
Colace Syrup	laxative	Mead-Johnson	1
Colgate Mouthwash	mouthwash/gargle	Colgate-Palmolive	15.3
CONTAC Nighttime	antihistamine, analgesic, cough suppressant, decongestant	SmithKline	25
Dilaudid Cough Syrup	cough suppressant, analgesic	Knoll	5
Dimetane Elixir	antihistamine	A. H. Robins	3
Dimetane Decongestant Elixir	antihistamine, decongestant	A. H. Robins	2.3
Dimetapp Elixir	decongestant, antihistamine	A. H. Robins	2.3
Diural Oral Suspension	diuretic, antihypertensive	Merck Sharp & Dohme	0.5
Donnatal Elixir	anti-spasmodic	A. H. Robins	23
Elixophyllin-K1 Elixir	anti-asthmatic	Forest	10
Feosol Elixir	iron supplement	SmithKline	5
Fergon Elixir	iron supplement	Winthrop	7
Geriplex-FS	vitamins (geriatric)	Parke-Davis	18
Geritol Liquid	vitamins	Beecham	12
Geritonic Liquid	vitamins	Geriatric	20
Gevrabon	vitamins	Lederle	18
Hycotuss	expectorant	DuPont	10
I.L.XB12 Elixir	iron supplement	Kenwood	8
Iberet Liquid	vitamins	Abbott	1

# Incidental Exposure Index

## Over-the-Counter Medications Alcohol Content Table

<i>Item</i>	<i>Use</i>	<i>Manufacturer</i>	<i>Alcohol %</i>
Imodium A-D	anti-diarrheal	McNeil	5.25
Incremin	vitamins	Lederle	0.75
Indocin Oral Suspension	analgesic	Merck Sharp & Dohme	1
Kaochlor S-F	potassium supplement	Adria	5
Kaon-CL 20%	potassium/chloride supplement	Adria	5
Kaon Elixir	potassium supplement	Adria	5
Kay Ciel Oral Solution	potassium supplement	Forest	4
Klorvess 10% Liquid	potassium/chloride supplement	Sandoz	0.75
Lanoxin Elixir Pediatric	cardiac medication	Burroughfs Wellcome	10
Lasix Oral Solution	diuretic	Hoechst-roussel	11.5
Listerine Antiseptic	mouthwash/gargle	Warner-Lambert	26.9
Lomotil Liquid	anti-diarrheal	G. D. Searle & Co.	15
Lufyllin Elixir	bronchodilator	Wallace	20
Marax-DF Syrup	bronchodilator	Roerig	5
May-Vita Elixir	vitamins	Mayrand, Inc.	13
Mediatric Liquid	estrogen replacement	Wyeth-Ayerst	15
Mellaril Oral Solution	antipsychotic	Sandoz	3-4.2
Mestinon Syrup	treatment of myasthenia ravis	Roche	5
Naldecon DX Pediatric Drops	decongestant	Bristol	0.6
Nicotinex	niacin supplement	Fleming & Co.	14
Niferex Elixir	iron supplement	Center Labs	10
Novahistine Elixir	antihistamine, decongestant	Lakeside	5
Novahistine Expectorant	cough suppressant, decongestant, expectorant	Lakeside	7.5
Nucofed Expectorant	cough suppressant, decongestant, expectorant	Beecham	12.5
Nucofed Pediatric Expectorant	cough suppressant, expectorant, decongestant	Beecham	6
Nu-Iron Elixir	iron supplements	Mayrand, Inc.	10
Nystex Oral Suspension	antifungal antibiotic	Savage	1
Organidin Elixir	expectorant	Wallace	21.75
PBZ Elixir	antihistamine	Geigy	12
Pamelor Oral Solution	anti-depressant	Sandoz	3-5
Peri Colace Syrup	laxative	Mead-Johnson	10
Permitil Oral Concentrate	anti-psychotic	Schering	1
Phenergan Syrup Plain	antihistamine	Wyeth-Ayerst	7
Phenergan Syrup Fortis	antihistamine	Wyeth-Ayerst	1.5
Phenobarbital Elixir	sedative	Rosane	13.5
Polaramine Syrup	antihistamine	Schering	6



# Incidental Exposure Index

## Over-the-Counter Medications Alcohol Content Table

<i>Item</i>	<i>Use</i>	<i>Manufacturer</i>	<i>Alcohol %</i>
Poly-Histine Elixir	cough suppressant	Bock	4
Prolixin Elixir	anti-psychotic	Princeton	14
Quelidrine Syrup	cough suppressant	Abbott	2
Robitussin	expectorant	A. H. Robins	3.5
Robitussin A-C	cough suppressant, expectorant	A. H. Robins	3.5
Robitussin CF	cough suppressant, decongestant, expectorant	A.H. Robins	3.5
Robitussin DAC	expectorant, decongestant, cough suppressant	A. H. Robins	1.9
Robitussin Night Relief	analgesic, cough suppressant, decongestant	A. H. Robbins	25
Robitussin PE	decongestant, expectorant	A. H. Robbins	1.4
Sandimmune	immunosuppressant	Sandoz	12.5
Scot-Tussin Sugar-Free Expectorant	expectorant	Scott-Tussin	3.5
Sominex Liquid	sleep aid	Beecham	10
Sudafed Cough Syrup	decongestant	Burroughs Wellcome	2.4
Tacaryl Syrup	antihistamine	Westwood	7.37
Tagamet Liquid	ulcer medication	Smith Kline & French	2.8
Tavist Syrup	antihistamine	Sandoz	5.5
Theo-Organidin Elixir	bronchodilator, expectorant	Wallace	15
Triaminic Expectorant	expectorant, decongestant	Sandoz	5.5
Tussar-2	cough suppressant	Rorer	5
Tussar SF	cough suppressant	Rorer	12
Tussend	cough suppressant	Lakeside	5
Tussend Expectorant	cough suppressant, decongestant, expectorant	Lakeside	12.5
Tylenol Adult Liquid Pain Reliever	analgesic	McNeil	7
Tylenol Cold Medication Liquid	analgesic, decongestant, cough suppressant, antihistamine	McNeil	7
Tylenol with Codeine Elixir	analgesic	McNeil	7
Vicks Daycare Liquid	decongestant, analgesic, expectorant, cough suppressant	Richardson-Vicks	10
Vicks Formula 44	cough suppressant, antihistamine	Richardson-Vicks	10
Vicks Formula 44D	cough suppressant, decongestant	Richardson-Vicks	10
Vicks Formula 44M	cough suppressant, decongestant, analgesic	Richardson-Vicks	20
Vicks Nyquil	decongestant, cough suppressant, antihistamine, analgesic	Richardson-Vicks	25

# Products Containing Alcohol

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Please note: Some prescription nasal sprays used for allergic rhinitis and some other forms of nasal/sinus congestion contain alcohol. Alcohol-containing nasal sprays that should be avoided by recovering persons, especially those taking Antabuse, include Flonase and Nasonex nasal sprays. The majority of mouthwashes contain alcohol also. These should all be avoided.

## 5% Alcohol (10-Proof)

**Diphenhydramine Elixir**

**Benylin Cough Syrup**

**Cheracol-D Cough Syrup** (guaifenesin/dextromethorphan)

**Dihstine DH Elixir**  
(chlorpheniramine/pseudoephedrine/codeine)

**Dilaudid Cough Syrup** (hydromorphone)

**Dramamine Liquid** (dimenhydrinate)

**Feosol (iron) Elixir**

**Imodium A-D** (loperamide)

**Kaon Liquid** (potassium)

**Kay Ciel Liquid** (potassium)

**Guiatuss AC Syrup** (guaifenesin/codeine)

**Phenergan VC Syrup** (promethazine/phenylephrine)

**Tussend Syrup**  
(guaifenesin/chlorpheniramine/pseudoephedrine/hydrocodone)

**Tylenol Extra Strength Liquid**

**Tylenol with Codeine Elixir**

**Vicks 44 D** (dextromethorphan/pseudoephedrine)

**Vicks 44 E** (guaifenesin/dextromethorphan)

## 10% Alcohol (20-Proof)

**Excedrin PM Liquid**  
(acetaminophen/diphenhydramine)

**Geritol Tonic Liquid** (multivitamin)

**Hycotuss Expectorant Syrup**  
(hydrocodone/guaifenesin)

**Niferex Elixir** (iron)

**Nucofed Expectorant Syrup**  
(guaifenesin/pseudoephedrine/codeine)

**Nu-Iron Elixir** (iron)

**Vicks Nyquil**  
(doxylamine/pseudoephedrine/dextromethorphan/acetaminophen)

**Vicks Formula 44M**  
(chlorpheniramine/pseudoephedrine/dextromethorphan/acetaminophen)

## 15% Alcohol (30-Proof)

**Cepacol Mouthwash**

**Gerivite Elixir** (multivitamin)

**Lomotil Liquid** (diphenoxylate/atropine)

## 20% Alcohol (40-Proof)

**Gevrabon Liquid** (vitamins)

**Listerine Mouthwash** (flavored)

**Lufyllin Elixir** (theophylline)

**Theophylline Elixir**

## 25% Alcohol (50-Proof)

**Listerine Mouthwash** (regular)

**N'ice Throat Spray**