

Fight symptoms, your way

While over-the-counter (OTC) cough and cold medicines will not make viruses go away faster, they can help you feel better. Here's a chart showing cold and flu symptoms and the ingredients found in several OTC medicines that can relieve those symptoms:



| ACTIVE INGREDIENTS | | PRODUCTS | TYLENOL® Extra Strength Caplets | TYLENOL® Cold Max Daytime Caplets | TYLENOL® Cold + Flu Severe Day/Night Caplets | TYLENOL® Cold + Head Congestion Severe Caplets | TYLENOL® Cold + Flu Severe Warming Honey Lemon Liquid | Extra Strength TYLENOL® Cold + Flu Multi-Action Day/Night Caplets |
|--------------------|---|----------|---------------------------------------|---|---|---|--|---|
| | | | PAIN/FEVER | Acetaminophen (analgesic/antipyretic) Temporarily reduces fever; Temporarily relieves minor aches and pains | ● | ● | ● | ● |
| COUGH | Dextromethorphan HBr (antitussive) Temporarily quiets coughs | | ● | ● | | | ● | ● |
| MUCUS | Guaifenesin (expectorant) Relieves chest congestion | | | ● <i>For daytime only</i> | ● | ● | ● | |
| RUNNY NOSE | Chlorpheniramine maleate (antihistamine) Helps to stop runny nose | | | ● <i>For nighttime only</i> | | | | ● <i>For nighttime only</i> |
| NASAL CONGESTION | Phenylephrine HCl (decongestant) Relieves sinus congestion | | ● | ● | ● | ● | ● | |
| | Pseudoephedrine (decongestant) Relieves sinus congestion | | | | | | | ● |

This is not a complete list of all TYLENOL® products.



COLD FIGHTING TIP

Many cold and flu medications share the same ingredients. To be sure you're using them safely, read the labels and **take ONLY 1** medicine that contains the same kind of active ingredient at a time.

Learn more at [GetReliefResponsibly.com](https://www.getreliefresponsibly.com)