



MINISTRY OF HEALTH - BELIZE

LIST OF OVER THE COUNTER MEDICATIONS FOR GENERAL SALE

Definition of Over-the-Counter Medications for General Sale: Medicines that are safe enough to be used by the consumer as indicated on the label with no technical advice from a health professional and not requiring a prescription.

Name	Description and Strength	Dosage Form	Presentation
Acetaminophen (Paracetamol)	500mg or lower	Tablet, Capsule, Caplet	Pouch/ Sachet
Acetaminophen (Paracetamol) for paediatric use	160mg/5ml (32mg/ml) or lower	Oral suspension, Syrup	Bottle of 120mls or less
Acetaminophen (Paracetamol) for paediatric use	80mg or lower	Chewable Tablet	Box or bottle of 30 tablets or less
Ibuprofen	200mg or lower, containing 400 mg or less per oral dosage unit	Tablet, Capsule, Caplet	Pouch/ Sachet
Bismuth Subsalicylate	262mg or lower	Tablet	Pouch/ Sachet
Bismuth Subsalicylate	17.5mg/ml or lower	Oral suspension	Bottle
Combination medication for acid indigestion/ Upset Stomach/ heartburn/ biliousness	Combination of 2 or more of the following:	Sparkling Salt	Pouch/ Sachet
	Citric Acid 2 g or 40% w/w or lower	Effervescent	
	Tartaric Acid 0.25g or 0.05 w/w or lower	Tablet	
	Sodium Bicarbonate 2.5g or 50% w/w or lower		
	Sodium Hydrogen Carbonate 1.2 g or 24% w/w or lower		
Combination Antacid/ Antigas Preparation for Adult Use	Combination of 2 or more of the following:	Chewable Tablet	Box or bottle of 30 tablets or less
	Aluminium Hydroxide 200mg		
	Magnesium Hydroxide 200mg Simethicone 25mg		
Combination Antacid/ Antigas Preparation for Adult Use	Aluminium Hydroxide 200mg/ 5ml or lower Magnesium Hydroxide 200mg/5ml or lower Simethicone 20mg/ 5ml or lower	Oral Suspension	Bottle of 240mls or less

<p>Skin Protectant Preparation</p>	<p>Containing 1 or more of the following ingredients Calamine 8% Zinc Oxide 13% Zinc Acetate 0.1% Pramoxine 1%</p>	<p>Topical cream or Lotion</p>	<p>Tube /Bottle</p>
<p>Combination Pain Relief for Adult Use (Migrane headaches, menstrual cramps)</p>	<p>Combination of 2 or more of the following: Acetaminophen 500mg or lower Acetylsalicylic acid 325mg or lower Caffeine 65mg or lower Pyrilamine maleate 15mg or lower</p>	<p>Tablet, Capsule, Caplet</p>	<p>Pouch/ Sachet</p>
<p>Combination Cough and Cold Relief for Adult Use</p>	<p>Combination of 2 or more of the following therapeutic classes: Analgesic/ Antipyretic Including: Acetylsalicylic acid 325mg or lower Acetaminophen 500mg or lower Ibuprofen 200mg or lower Cough Suppressant Including: Dextromethorphan 10mg or lower Antihistamine Including: Chlorpheniramine 4mg or lower Diphenhydramine 25mg or lower Doxylamine 12.5mg or lower Nasal Decongestant Including: Phenylephrine 10mg or lower Mucolytic & Expectorant Including: Bromhexine 8mg or lower Guaifenesin 200mg or less</p>	<p>Tablet, Capsule, Caplet, gel capsules, Effervescent Tablet</p>	<p>Pouch/ Sachet</p>
<p>Oral Lozenges or cough drops</p>	<p>Containing 1 or more of the following ingredients Menthol Eucalyptus Liquorice</p>	<p>Lozenge</p>	

Isopropyl alcohol 70% or lower	With or without 1 of the following ingredients: Wintergreen Glycerine	Solution for topical use	Bottle
Hydrogen Peroxide	3% or lower	Solution for topical use	Bottle
Menthol	2.5% or lower	Topical gel Cream	Jar/ Bottle/ Tube
Topical Pain/ Itch Relief	Containing 1 or more of the following: Menthol 10% or lower Camphor 6% or lower Eucalyptus 40% or lower Methyl salicylate 30% or lower Diphenhydramine 2% or lower	Topical gel or cream	Jar/ Bottle/ Tube
Oral Rehydration Solution	Premixed oral rehydration solution	Oral Solution	Bottle
Oral Rehydration Salt		Sachet/ Pouch	

All establishment carrying any medication must display a sign where medications are located indicating that medications should be used in accordance with written instructions on package and that they should consult a medical professional if symptoms persist.

All products must be stored in accordance with the manufacturer's stipulations. Failure to comply may result in confiscation of products.

All products should be appropriately labelled for retail sale with manufacturer's drug facts and instructions for use.

Under no circumstances shall a product be tampered with, repackaged or removed from its complete original packaging.

The sale of medicines is prohibited to persons under the age of twelve (12) years in accordance with the Laws of Belize, Chapter 311 Chemist and Druggist Act.