

## Ibuprofen 200mg

**Medication Code:** IBU200

**Class:** NSAID

**Uses:** Pain, inflammation, fever

**Standard Dose:** 200–400mg every 6–8 hours (max 1200mg/day OTC)

**Contraindications:** GI ulcers, renal impairment, NSAID allergy, late pregnancy

**Side Effects:** GI upset, dizziness, bleeding risk

**Red Flags:** Black stools, vomiting blood, severe abdominal pain

**Alternatives:** PARA500, NAP250

## Paracetamol 500mg

**Medication Code:** PARA500

**Class:** Analgesic / antipyretic

**Uses:** Pain, fever

**Standard Dose:** 500–1000mg every 6 hours (max 3–4g/day)

**Contraindications:** Severe liver disease

**Side Effects:** Liver toxicity at high doses

**Red Flags:** Jaundice, severe nausea

**Alternatives:** IBU200, NAP250

## Amoxicillin 250mg

**Medication Code:** AMOX250

**Class:** Penicillin antibiotic

**Uses:** Ear, sinus, throat, respiratory, urinary infections

**Standard Dose:** 250–500mg every 8 hours

**Contraindications:** Penicillin allergy

**Side Effects:** Rash, diarrhea, nausea

**Red Flags:** Anaphylaxis signs, severe rash

**Alternatives:** AZI500, DOX100

## Aspirin 100mg

**Medication Code:** ASP100

**Class:** Antiplatelet / NSAID

**Uses:** Cardiovascular prevention, mild pain

**Standard Dose:** 75–100mg once daily

**Contraindications:** Active bleeding, ulcers, anticoagulants, children with fever

**Side Effects:** GI bleeding, bruising

**Red Flags:** Vomiting blood, black stools

**Alternatives:** IBU200, PARA500

## Cetirizine 10mg

**Medication Code:** CET10

**Class:** Antihistamine

**Uses:** Allergic rhinitis, urticaria

**Standard Dose:** 10mg once daily

**Contraindications:** Severe renal impairment

**Side Effects:** Drowsiness (mild)

**Red Flags:** Swelling or difficulty breathing

**Alternatives:** LOR10

## Metformin 500mg

**Medication Code:** MET500

**Class:** Antidiabetic (biguanide)

**Uses:** Type 2 diabetes

**Standard Dose:** 500mg 1–2x daily

**Contraindications:** Renal failure, metabolic acidosis

**Side Effects:** GI upset, diarrhea

**Red Flags:** Lactic acidosis symptoms

**Alternatives:**

## Azithromycin 500mg

**Medication Code:** AZI500

**Class:** Macrolide antibiotic

**Uses:** Respiratory infections, chlamydia, skin infections

**Standard Dose:** 500mg day 1 → 250mg daily for 4 days

**Contraindications:** Liver disease, macrolide allergy

**Side Effects:** Nausea, headache, diarrhea

**Red Flags:** Heart rhythm abnormalities, jaundice

**Alternatives:** AMOX250, DOX100

## Loratadine 10mg

**Medication Code:** LOR10

**Class:** Antihistamine

**Uses:** Allergies, hives

**Standard Dose:** 10mg once daily

**Contraindications:** Severe liver disease

**Side Effects:** Headache, fatigue (rare)

**Red Flags:** Swelling or allergic reactions

**Alternatives:** CET10

## Omeprazole 20mg

**Medication Code:** OME20

**Class:** Proton pump inhibitor  
**Uses:** GERD, ulcers, acid reflux  
**Standard Dose:** 20mg once daily  
**Contraindications:** Severe liver disease  
**Side Effects:** Headache, abdominal discomfort  
**Red Flags:** Black stools, persistent vomiting  
**Alternatives:**

## Doxycycline 100mg

**Medication Code:** DOX100  
**Class:** Tetracycline antibiotic  
**Uses:** Acne, respiratory infections, Lyme disease  
**Standard Dose:** 100mg 1–2x daily  
**Contraindications:** Pregnancy, children <8  
**Side Effects:** Photosensitivity, nausea  
**Red Flags:** Visual disturbances, severe headache  
**Alternatives:** AMOX250, AZI500

## Naproxen 250mg

**Medication Code:** NAP250  
**Class:** NSAID  
**Uses:** Pain, inflammation  
**Standard Dose:** 250–500mg twice daily  
**Contraindications:** Ulcers, renal impairment, NSAID allergy  
**Side Effects:** GI upset, edema, dizziness  
**Red Flags:** GI bleeding signs  
**Alternatives:** IBU200, PARA500

## Vitamin C 1000mg

**Medication Code:** VITC1000  
**Class:** Supplement  
**Uses:** Immune support, deficiency prevention  
**Standard Dose:** 500–1000mg daily  
**Contraindications:** Kidney stones, hemochromatosis  
**Side Effects:** Diarrhea, cramps  
**Red Flags:** Severe flank pain  
**Alternatives:**

## Amoxicillin 500mg

**Medication Code:** AMOX500  
**Class:** Penicillin antibiotic

**Uses:** Bacterial respiratory, ENT, and urinary infections

**Standard Dose:** 500mg every 8 hours

**Contraindications:** Penicillin allergy

**Side Effects:** Rash, diarrhea, nausea

**Red Flags:** Anaphylaxis signs, severe rash

**Alternatives:** AZI500, DOX100