1. Pain and Fever:

* Acetaminophen (Tylenol)
* Ibuprofen (Advil, Motrin)
* Naproxen (Aleve)

1. Cough and Cold:

* Dextromethorphan (Robitussin DM)
* Guaifenesin (Mucinex)
* Phenylephrine or pseudoephedrine (Sudafed)
* Chlorpheniramine (Chlor-Trimeton)
* Diphenhydramine (Benadryl)

1. Allergies:

* Cetirizine (Zyrtec)
* Loratadine (Claritin)
* Fexofenadine (Allegra)
* Nasal corticosteroid sprays (e.g., Flonase, Nasacort)

1. Acid Reflux and Indigestion:

* Antacids (e.g., Tums, Maalox)
* H2 blockers (e.g., ranitidine, famotidine)
* Proton pump inhibitors (e.g., omeprazole, lansoprazole)

1. Diarrhea:

* Loperamide (Imodium)
* Bismuth subsalicylate (Pepto-Bismol)

1. Constipation:

* Fiber supplements (e.g., Metamucil)
* Stool softeners (e.g., Colace)
* Laxatives (e.g., Dulcolax)

1. Topical Analgesics:

* Hydrocortisone cream (anti-itch)
* Topical NSAIDs (e.g., diclofenac gel)
* Lidocaine patches (for localized pain relief)

1. First Aid:

* Hydrogen peroxide (for wound cleaning)
* Antiseptic ointment (e.g., Neosporin)
* Adhesive bandages
* Sterile gauze and medical tape

1. Motion Sickness:

* Dimenhydrinate (Dramamine)
* Meclizine (Bonine)

1. Eye Care:

* Artificial tears
* Antihistamine eye drops (e.g., Visine-A, Zaditor)
* Lubricating eye ointment

1. Sleep Aids:

* Diphenhydramine (Benadryl)
* Doxylamine (found in some sleep aids)
* Melatonin supplements

1. Nasal Care:

* Saline nasal spray
* Decongestant nasal sprays (for short-term use)

Oral Health:

* Antiseptic mouthwash (e.g., Listerine)
* Pain-relieving oral gels (e.g., Orajel)
* Antifungal Medications:
* Clotrimazole (for yeast infections)
* Terbinafine (for athlete's foot, ringworm).