

1. Name: Acetaminophen **Summary:** A common over-the-counter pain reliever and fever reducer. **Uses:** Pain relief (headache, muscle aches, toothache), fever reduction. **Side Effects:** Liver damage (with high doses or long-term use), nausea, vomiting. **Dosage Guidelines:** Adults: 500-1000mg every 4-6 hours as needed. Children: Dosage varies by age and weight – consult a doctor. **Contraindications:** Severe liver disease, alcohol abuse. **Interactions:** May interact with blood thinners, some antibiotics. **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Do not exceed recommended dosage. Consult a doctor if fever persists or worsens. * Benefits: Effective and affordable for mild to moderate pain. * Resources: [Link to National Institutes of Health (NIH) page on Acetaminophen]

2. Name: Ibuprofen **Summary:** A non-steroidal anti-inflammatory drug (NSAID) used to reduce pain, fever, and inflammation. **Uses:** Pain relief (headache, arthritis, menstrual cramps), fever reduction, inflammation. **Side Effects:** Stomach upset, nausea, dizziness, increased risk of heart attack/stroke. **Dosage Guidelines:** Adults: 200-400mg every 4-6 hours as needed. Children: Dosage varies by age and weight – consult a doctor. **Contraindications:** History of stomach ulcers, bleeding disorders, pregnancy (late stages). **Interactions:** May interact with blood thinners, aspirin, other NSAIDs. **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Take with food to reduce stomach irritation. Avoid alcohol. * Benefits: Effective for inflammatory conditions like arthritis. * Resources: [Link to FDA page on Ibuprofen]

3. Name: Vitamin C **Summary:** An essential antioxidant that supports immune function, collagen production, and iron absorption. **Uses:** Prevent and treat the common cold, boost immunity, wound healing. **Side Effects:** Generally well-tolerated, may cause stomach upset in high doses. **Dosage Guidelines:** Adults: 500-1000mg daily. Children: Dosage varies by age – consult a doctor. **Contraindications:** Kidney stones (in some individuals). **Interactions:** May interact with certain medications (e.g., blood thinners, chemotherapy). **Additional Information:** * Storage: Store in a cool, dry place. * Warnings: High doses may cause diarrhea. * Benefits: Important for overall health and disease prevention. * Resources: [Link to National Institutes of Health (NIH) page on Vitamin C]

4. Name: Calcium **Summary:** Essential mineral for strong bones and teeth, muscle function, and nerve transmission. **Uses:** Prevent and treat osteoporosis, support bone health. **Side Effects:** Constipation, kidney stones (in some individuals). **Dosage Guidelines:** Adults: 1000-1200mg daily. Children: Dosage varies by age – consult a doctor. **Contraindications:** Kidney stones, hypercalcemia. **Interactions:** May interact with certain medications (e.g., thiazide diuretics). **Additional Information:** * Storage: Store in a cool, dry place. * Warnings: Take with food to improve absorption. * Benefits: Crucial for maintaining bone density throughout life. * Resources: [Link to National Institutes of Health (NIH) page on Calcium]

5. Name: Vitamin D **Summary:** Essential for calcium absorption, bone health, and immune function. **Uses:** Prevent and treat vitamin D deficiency, improve bone health, support

immune function. **Side Effects:** Generally well-tolerated, high doses may cause hypercalcemia. **Dosage Guidelines:** Adults: 600-800 IU daily. Children: Dosage varies by age – consult a doctor. **Contraindications:** Hypercalcemia. **Interactions:** May interact with some medications (e.g., corticosteroids). **Additional Information:** * Storage: Store in a cool, dry place. * Warnings: Obtain adequate sun exposure for natural vitamin D production. * Benefits: Important for overall health and well-being. * Resources: [Link to National Institutes of Health (NIH) page on Vitamin D]

6. Name: Omega-3 Fatty Acids **Summary:** Essential fatty acids found in fish oil, important for heart health, brain function, and inflammation. **Uses:** Reduce heart disease risk, improve brain function, reduce inflammation. **Side Effects:** Fishy aftertaste, potential for bleeding in high doses. **Dosage Guidelines:** Adults: 250-500mg EPA/DHA daily. Children: Dosage varies by age – consult a doctor. **Contraindications:** Bleeding disorders. **Interactions:** May interact with blood thinners. **Additional Information:** * Storage: Store in a cool, dry place, away from light. * Warnings: Consult a doctor before taking if on blood thinners. * Benefits: Important for cardiovascular health and brain development. * Resources: [Link to American Heart Association page on Omega-3 Fatty Acids]

8. Name: Metformin **Summary:** A medication used to treat type 2 diabetes by lowering blood sugar levels. **Uses:** Type 2 diabetes. **Side Effects:** Diarrhea, nausea, vomiting, weight loss. **Dosage Guidelines:** Adults: Starting dose usually 500mg once or twice daily, may be increased gradually. **Contraindications:** Severe kidney disease, lactic acidosis, acute or chronic metabolic acidosis. **Interactions:** May interact with alcohol, certain medications (e.g., some diuretics, beta-blockers). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Monitor for side effects, especially lactic acidosis. * Benefits: First-line medication for type 2 diabetes, often well-tolerated. * Resources: [Link to National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) page on Metformin]

9. Name: Lisinopril **Summary:** An angiotensin-converting enzyme (ACE) inhibitor used to treat high blood pressure and heart failure. **Uses:** High blood pressure, heart failure, after a heart attack. **Side Effects:** Dizziness, cough, fatigue, elevated potassium levels. **Dosage Guidelines:** Adults: Starting dose usually 10mg once daily, may be increased gradually. **Contraindications:** Pregnancy, angioedema history. **Interactions:** May interact with potassium supplements, potassium-sparing diuretics, non-steroidal anti-inflammatory drugs (NSAIDs). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Monitor blood pressure and potassium levels regularly. * Benefits: Effective for lowering blood pressure and improving heart health. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Lisinopril]

10. Name: Atorvastatin **Summary:** A statin medication used to lower cholesterol levels. **Uses:** High cholesterol, prevention of heart disease and stroke. **Side Effects:** Muscle aches, headache, nausea, liver problems (rare). **Dosage Guidelines:** Adults: Starting dose usually 10mg once daily, may be increased gradually. **Contraindications:** Active liver disease, pregnancy. **Interactions:** May interact with some medications (e.g., certain antifungals, macrolide antibiotics). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Monitor liver function tests periodically. * Benefits: Effective for lowering LDL cholesterol and reducing heart disease risk. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Atorvastatin]

11. Name: Fluoxetine **Summary:** An antidepressant medication used to treat depression, obsessive-compulsive disorder (OCD), and other conditions. **Uses:** Depression, OCD, panic disorder, bulimia nervosa. **Side Effects:** Nausea, headache, insomnia, sexual dysfunction. **Dosage Guidelines:** Adults: Starting dose usually 20mg once daily, may be increased gradually. **Contraindications:** History of mania or bipolar disorder, recent monoamine oxidase inhibitor (MAOI) use. **Interactions:** May interact with other medications (e.g., some antidepressants, MAOIs). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: May increase the risk of suicidal thoughts in some individuals. * Benefits: Effective for treating depression and other mental health conditions. * Resources: [Link to National Institute of Mental Health (NIMH) page on Fluoxetine]

12. Name: Sertraline **Summary:** An antidepressant medication used to treat depression, OCD, panic disorder, and premenstrual dysphoric disorder (PMDD). **Uses:** Depression, OCD, panic disorder, PMDD. **Side Effects:** Nausea, diarrhea, insomnia, sexual dysfunction. **Dosage Guidelines:** Adults: Starting dose usually 50mg once daily, may be increased gradually. **Contraindications:** History of mania or bipolar disorder, recent MAOI use. **Interactions:** May interact with other medications (e.g., some antidepressants, MAOIs). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: May increase the risk of suicidal thoughts in some individuals. * Benefits: Effective for treating depression and other mental health conditions. * Resources: [Link to National Institute of Mental Health (NIMH) page on Sertraline]

13. Name: Albuterol **Summary:** A bronchodilator used to treat asthma and other conditions that cause wheezing and shortness of breath. **Uses:** Asthma, chronic obstructive pulmonary disease (COPD). **Side Effects:** Tremors, headache, nervousness, rapid heartbeat. **Dosage Guidelines:** Inhaled: 2 puffs every 4-6 hours as needed. Dosage varies by individual and condition. **Contraindications:** Hypersensitivity to albuterol or related medications. **Interactions:** May interact with some medications (e.g., beta-blockers). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Use as directed. Seek medical attention if symptoms worsen. * Benefits: Provides

rapid relief of asthma symptoms. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Albuterol]

14. Name: Levothyroxine **Summary:** A synthetic thyroid hormone used to treat hypothyroidism. **Uses:** Hypothyroidism. **Side Effects:** Weight loss, insomnia, anxiety, rapid heartbeat. **Dosage Guidelines:** Adults: Starting dose usually 25-100mcg daily, adjusted based on blood tests. **Contraindications:** Untreated adrenal insufficiency, acute myocardial infarction. **Interactions:** May interact with some medications (e.g., blood thinners, certain antidepressants). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Regular blood tests are necessary to monitor thyroid hormone levels. * Benefits: Replaces missing thyroid hormone, improving energy levels and overall health. * Resources: [Link to National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) page on Levothyroxine]

15. Name: Metronidazole **Summary:** An antibiotic used to treat bacterial infections, including those of the vagina, skin, and digestive system. **Uses:** Bacterial vaginosis, trichomoniasis, skin infections, some intestinal infections. **Side Effects:** Nausea, vomiting, metallic taste in mouth, dizziness. **Dosage Guidelines:** Varies depending on the infection being treated. **Contraindications:** Known drug allergy, active central nervous system disease. **Interactions:** May interact with alcohol, lithium. **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Avoid alcohol during treatment. * Benefits: Effective against a range of bacterial infections. * Resources: [Link to National Institutes of Health (NIH) page on Metronidazole]

16. Name: Amoxicillin **Summary:** A penicillin antibiotic used to treat bacterial infections. **Uses:** Ear infections, sinus infections, pneumonia, urinary tract infections. **Side Effects:** Diarrhea, nausea, rash, allergic reactions (rare but serious). **Dosage Guidelines:** Varies depending on the infection being treated. **Contraindications:** Penicillin allergy. **Interactions:** May interact with birth control pills, some antibiotics. **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Complete the full course of antibiotics even if symptoms improve. * Benefits: Effective against a wide range of bacterial infections. * Resources: [Link to National Institutes of Health (NIH) page on Amoxicillin]

17. Name: Ciprofloxacin **Summary:** A fluoroquinolone antibiotic used to treat bacterial infections. **Uses:** Urinary tract infections, respiratory tract infections, skin infections. **Side Effects:** Nausea, vomiting, diarrhea, tendonitis, nerve damage. **Dosage Guidelines:** Varies depending on the infection being treated. **Contraindications:** Pregnancy, breastfeeding, history of tendonitis or nerve damage with fluoroquinolones. **Interactions:** May interact with some medications (e.g., antacids, iron supplements). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Serious side effects

are possible. * Benefits: Effective against a wide range of bacterial infections. * Resources: [Link to National Institutes of Health (NIH) page on Ciprofloxacin]

18. Name: Prednisone **Summary:** A corticosteroid medication used to reduce inflammation in various conditions. **Uses:** Autoimmune diseases (e.g., lupus, rheumatoid arthritis), allergies, asthma, inflammatory bowel disease. **Side Effects:** Weight gain, mood changes, increased blood sugar, weakened immune system. **Dosage Guidelines:** Varies widely depending on the condition being treated. **Contraindications:** Fungal infections, some viral infections, peptic ulcer disease. **Interactions:** May interact with many medications.

Additional Information: * Storage: Store at room temperature, away from moisture and heat. * Warnings: Long-term use can have significant side effects. * Benefits: Powerful anti-inflammatory medication. * Resources: [Link to National Institutes of Health (NIH) page on Prednisone]

19. Name: Gabapentin **Summary:** A medication used to treat seizures and nerve pain. **Uses:** Epilepsy, neuropathic pain (e.g., shingles, diabetic neuropathy). **Side Effects:** Dizziness, drowsiness, fatigue, swelling. **Dosage Guidelines:** Adults: Starting dose usually 300mg daily, may be increased gradually. **Contraindications:** Hypersensitivity to gabapentin. **Interactions:** May interact with opioids, alcohol. **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: May cause drowsiness. Avoid driving or operating machinery until you know how it affects you. * Benefits: Effective for treating seizures and nerve pain. * Resources: [Link to National Institutes of Health (NIH) page on Gabapentin]

20. Name: Lorazepam **Summary:** A benzodiazepine medication used to treat anxiety disorders, insomnia, and seizures. **Uses:** Anxiety, insomnia, seizures, status epilepticus. **Side Effects:** Drowsiness, dizziness, confusion, impaired coordination. **Dosage Guidelines:** Adults: Starting dose usually 0.5-1mg 2-3 times daily, may be adjusted. **Contraindications:** Glaucoma, severe respiratory problems, pregnancy. **Interactions:** May interact with alcohol, opioids, other central nervous system depressants. **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Highly addictive, use with caution and under medical supervision. * Benefits: Effective for short-term treatment of anxiety and insomnia. * Resources: [Link to National Institute of Mental Health (NIMH) page on Lorazepam]

21. Name: Zolpidem **Summary:** A medication used to treat insomnia. **Uses:** Insomnia. **Side Effects:** Drowsiness, dizziness, headache, amnesia. **Dosage Guidelines:** Adults: 5-10mg orally 30 minutes before bedtime. **Contraindications:** Hypersensitivity to zolpidem, severe sleep apnea, pregnancy. **Interactions:** May interact with alcohol, opioids, other central nervous system depressants. **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Highly addictive, use with caution and under medical supervision. * Benefits: Can help improve sleep quality in individuals with insomnia. * Resources: [Link to National Institutes of Health (NIH) page on Zolpidem]

22. Name: Ondansetron **Summary:** A medication used to prevent and treat nausea and vomiting. **Uses:** Chemotherapy-induced nausea and vomiting, postoperative nausea and vomiting. **Side Effects:** Headache, constipation, diarrhea, dizziness. **Dosage Guidelines:** Adults: 4-8mg orally 30 minutes before chemotherapy or surgery. **Contraindications:** Hypersensitivity to ondansetron. **Interactions:** May interact with certain antibiotics. **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Use with caution in individuals with liver disease. * Benefits: Effective for preventing and treating nausea and vomiting. * Resources: [Link to National Institutes of Health (NIH) page on Ondansetron]

23. Name: Metoclopramide **Summary:** A medication used to treat gastrointestinal disorders, such as nausea, vomiting, and gastroparesis. **Uses:** Gastroparesis, nausea and vomiting, GERD. **Side Effects:** Drowsiness, dizziness, restlessness, anxiety. **Dosage Guidelines:** Adults: 10mg orally 30 minutes before meals. **Contraindications:** Pheochromocytoma, mechanical obstruction of the gastrointestinal tract. **Interactions:** May interact with certain medications (e.g., antipsychotics). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: May cause drowsiness. * Benefits: Can improve symptoms of gastrointestinal disorders. * Resources: [Link to National Institutes of Health (NIH) page on Metoclopramide]

24. Name: Famotidine **Summary:** A histamine-2 (H₂) blocker used to reduce stomach acid production. **Uses:** Peptic ulcers, gastroesophageal reflux disease (GERD), heartburn. **Side Effects:** Headache, diarrhea, constipation, dizziness. **Dosage Guidelines:** Adults: 20mg orally once or twice daily. **Contraindications:** Hypersensitivity to famotidine. **Interactions:** May interact with some medications (e.g., ketoconazole). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Use with caution in individuals with liver disease. * Benefits: Effective for reducing stomach acid production. * Resources: [Link to National Institutes of Health (NIH) page on Famotidine]

25. Name: Omeprazole **Summary:** A proton pump inhibitor (PPI) used to reduce stomach acid production. **Uses:** Peptic ulcers, gastroesophageal reflux disease (GERD), heartburn. **Side Effects:** Headache, diarrhea, nausea, dizziness. **Dosage Guidelines:** Adults: 20mg orally once daily. **Contraindications:** Hypersensitivity to omeprazole. **Interactions:** May interact with some medications (e.g., clopidogrel, ketoconazole). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Long-term use may increase the risk of bone fractures and other side effects. * Benefits: Highly effective for reducing stomach acid production. * Resources: [Link to National Institutes of Health (NIH) page on Omeprazole]

26. Name: Sucralfate **Summary:** A medication that coats and protects ulcers in the stomach and intestines. **Uses:** Peptic ulcers, gastritis. **Side Effects:** Constipation, dry mouth, dark

stools. **Dosage Guidelines:** Adults: 1g orally 4 times daily, 1 hour before meals and at bedtime. **Contraindications:** Hypersensitivity to sucralfate. **Interactions:** May interfere with the absorption of other medications. **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: May cause constipation. * Benefits: Can help heal ulcers by protecting them from stomach acid. * Resources: [Link to National Institutes of Health (NIH) page on Sucralfate]

27. Name: Loperamide **Summary:** An antidiarrheal medication that slows down the movement of the intestines. **Uses:** Diarrhea. **Side Effects:** Constipation, dizziness, drowsiness, abdominal pain. **Dosage Guidelines:** Adults: 4mg initially, then 2mg after each loose stool. **Contraindications:** Severe diarrhea with fever or blood, ulcerative colitis, toxic megacolon. **Interactions:** May interact with certain medications (e.g., anticholinergic drugs). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Use with caution in individuals with liver disease. * Benefits: Can help relieve symptoms of mild to moderate diarrhea. * Resources: [Link to National Institutes of Health (NIH) page on Loperamide]

28. Name: Doxycycline **Summary:** A tetracycline antibiotic used to treat bacterial infections. **Uses:** Acne, chlamydia, Lyme disease, Rocky Mountain spotted fever. **Side Effects:** Nausea, vomiting, diarrhea, photosensitivity. **Dosage Guidelines:** Varies depending on the infection being treated. **Contraindications:** Pregnancy, breastfeeding, children under 8 years old. **Interactions:** May interact with dairy products, antacids, iron supplements. **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Can cause photosensitivity. Avoid prolonged sun exposure. * Benefits: Effective against a wide range of bacterial infections. * Resources: [Link to National Institutes of Health (NIH) page on Doxycycline]

29. Name: Azithromycin **Summary:** A macrolide antibiotic used to treat bacterial infections. **Uses:** Respiratory tract infections, skin infections, sexually transmitted infections. **Side Effects:** Nausea, vomiting, diarrhea, abdominal pain. **Dosage Guidelines:** Varies depending on the infection being treated. **Contraindications:** Hypersensitivity to azithromycin or other macrolide antibiotics. **Interactions:** May interact with certain medications (e.g., digoxin, warfarin). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Complete the full course of antibiotics even if symptoms improve. * Benefits: Effective against a wide range of bacterial infections. * Resources: [Link to National Institutes of Health (NIH) page on Azithromycin]

30. Name: Ceftriaxone **Summary:** A cephalosporin antibiotic used to treat bacterial infections. **Uses:** Pneumonia, meningitis, gonorrhea, pelvic inflammatory disease. **Side Effects:** Nausea, vomiting, diarrhea, rash, injection site reactions. **Dosage Guidelines:** Usually administered by injection. Dosage varies depending on the infection being treated. **Contraindications:** Hypersensitivity to cephalosporins or penicillins. **Interactions:** May interact with aminoglycoside antibiotics. **Additional Information:** * Storage: Store at room

temperature, away from moisture and heat. * Warnings: Serious side effects are possible. * Benefits: Effective against a wide range of bacterial infections. * Resources: [Link to National Institutes of Health (NIH) page on Ceftriaxone]

31. Name: Insulin **Summary:** A hormone used to treat diabetes by helping the body use glucose for energy. **Uses:** Type 1 diabetes, some cases of type 2 diabetes. **Side Effects:** Hypoglycemia (low blood sugar), weight gain, injection site reactions. **Dosage Guidelines:** Varies widely depending on individual needs and blood sugar levels. **Contraindications:** Hypersensitivity to insulin. **Interactions:** May interact with some medications (e.g., beta-blockers, corticosteroids). **Additional Information:** * Storage: Store unopened vials in the refrigerator. * Warnings: Requires careful monitoring of blood sugar levels. * Benefits: Essential for managing diabetes and preventing complications. * Resources: [Link to National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) page on Insulin]

32. Name: Glucagon **Summary:** A hormone used to treat severe hypoglycemia (low blood sugar). **Uses:** Treatment of severe hypoglycemia. **Side Effects:** Nausea, vomiting, dizziness, headache. **Dosage Guidelines:** Administered by injection. Dosage varies depending on the severity of hypoglycemia. **Contraindications:** Insulinoma (tumor that produces insulin). **Interactions:** May interact with some medications. **Additional Information:** * Storage: Store in the refrigerator. * Warnings: Use only in cases of severe hypoglycemia. * Benefits: Can quickly raise blood sugar levels in an emergency. * Resources: [Link to National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) page on Glucagon]

33. Name: Warfarin **Summary:** An anticoagulant medication used to prevent blood clots. **Uses:** Atrial fibrillation, deep vein thrombosis (DVT), pulmonary embolism. **Side Effects:** Bleeding, bruising, skin necrosis. **Dosage Guidelines:** Requires careful monitoring of blood clotting time. **Contraindications:** Active bleeding, severe liver disease, pregnancy. **Interactions:** May interact with many medications (e.g., aspirin, antibiotics, some herbal supplements). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Requires regular blood tests to monitor blood clotting time. * Benefits: Can help prevent serious blood clots. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Warfarin]

34. Name: Heparin **Summary:** An anticoagulant medication used to prevent and treat blood clots. **Uses:** Deep vein thrombosis (DVT), pulmonary embolism, prevention of blood clots during surgery. **Side Effects:** Bleeding, bruising, thrombocytopenia (low platelet count). **Dosage Guidelines:** Usually administered by injection. Dosage varies depending on the condition being treated. **Contraindications:** Active bleeding, severe uncontrolled hypertension. **Interactions:** May interact with some medications (e.g., aspirin, antiplatelet drugs). **Additional Information:** * Storage: Store in the refrigerator. * Warnings: Requires careful monitoring of blood clotting time. * Benefits: Can help prevent and treat blood clots. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Heparin]

35. Name: Enoxaparin **Summary:** A low-molecular-weight heparin used to prevent and treat blood clots. **Uses:** Deep vein thrombosis (DVT), pulmonary embolism, prevention of blood clots during surgery. **Side Effects:** Bleeding, bruising, injection site reactions. **Dosage Guidelines:** Usually administered by injection. Dosage varies depending on the condition being treated. **Contraindications:** Active bleeding, severe uncontrolled hypertension. **Interactions:** May interact with some medications (e.g., aspirin, antiplatelet drugs). **Additional Information:** * Storage: Store in the refrigerator. * Warnings: Requires careful monitoring of blood clotting time. * Benefits: Can help prevent and treat blood clots. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Enoxaparin]

36. Name: Aspirin **Summary:** A medication used to reduce pain, fever, and inflammation. Also used to prevent heart attacks and strokes. **Uses:** Pain relief, fever reduction, inflammation, prevention of heart attacks and strokes. **Side Effects:** Stomach upset, bleeding, ulcers, ringing in the ears. **Dosage Guidelines:** Adults: 325-650mg every 4-6 hours as needed. Children: Dosage varies by age and weight – consult a doctor. **Contraindications:** History of stomach ulcers, bleeding disorders, pregnancy (late stages). **Interactions:** May interact with blood thinners, other NSAIDs, methotrexate. **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Take with food to reduce stomach irritation. Avoid alcohol. * Benefits: Effective for pain relief and may help reduce the risk of heart attack and stroke in some individuals. * Resources: [Link to National Institutes of Health (NIH) page on Aspirin]

37. Name: Clopidogrel **Summary:** A medication used to prevent blood clots. **Uses:** Prevention of heart attacks and strokes in people with a history of heart disease. **Side Effects:** Bleeding, bruising, diarrhea, headache. **Dosage Guidelines:** Adults: 75mg orally once daily. **Contraindications:** Active bleeding, severe liver disease. **Interactions:** May interact with other medications that increase bleeding risk (e.g., aspirin, NSAIDs). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: May increase the risk of bleeding. * Benefits: Can help prevent heart attacks and strokes in people at high risk. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Clopidogrel]

38. Name: Pravastatin **Summary:** A statin medication used to lower cholesterol levels. **Uses:** High cholesterol, prevention of heart disease and stroke. **Side Effects:** Muscle aches, headache, nausea, liver problems (rare). **Dosage Guidelines:** Adults: Starting dose usually 10-20mg once daily, may be increased gradually. **Contraindications:** Active liver disease, pregnancy. **Interactions:** May interact with some medications (e.g., certain antifungals, macrolide antibiotics). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Monitor liver function tests periodically. * Benefits: Effective for lowering LDL cholesterol and reducing heart disease risk. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Pravastatin]

39. Name: Simvastatin **Summary:** A statin medication used to lower cholesterol levels. **Uses:** High cholesterol, prevention of heart disease and stroke. **Side Effects:** Muscle aches, headache, nausea, liver problems (rare). **Dosage Guidelines:** Adults: Starting dose usually 10-20mg once daily, may be increased gradually. **Contraindications:** Active liver disease, pregnancy. **Interactions:** May interact with some medications (e.g., certain antifungals, macrolide antibiotics). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Monitor liver function tests periodically. * Benefits: Effective for lowering LDL cholesterol and reducing heart disease risk. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Simvastatin]

40. Name: Rosuvastatin **Summary:** A statin medication used to lower cholesterol levels. **Uses:** High cholesterol, prevention of heart disease and stroke. **Side Effects:** Muscle aches, headache, nausea, liver problems (rare). **Dosage Guidelines:** Adults: Starting dose usually 5-10mg once daily, may be increased gradually. **Contraindications:** Active liver disease, pregnancy. **Interactions:** May interact with some medications (e.g., certain antifungals, macrolide antibiotics). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Monitor liver function tests periodically. * Benefits: Effective for lowering LDL cholesterol and reducing heart disease risk. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Rosuvastatin]

41. Name: Fluticasone **Summary:** An inhaled corticosteroid used to treat asthma and allergies. **Uses:** Asthma, allergic rhinitis (hay fever). **Side Effects:** Hoarseness, throat irritation, oral thrush (fungal infection in the mouth). **Dosage Guidelines:** Inhaled: 2 puffs twice daily. Dosage varies depending on the severity of the condition. **Contraindications:** Hypersensitivity to fluticasone. **Interactions:** May interact with some medications (e.g., ritonavir). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Rinse mouth with water after each use to prevent oral thrush. * Benefits: Effective for reducing inflammation in the airways. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Fluticasone]

42. Name: Budesonide **Summary:** An inhaled corticosteroid used to treat asthma and inflammatory bowel disease. **Uses:** Asthma, Crohn's disease, ulcerative colitis. **Side Effects:** Hoarseness, throat irritation, oral thrush (fungal infection in the mouth). **Dosage Guidelines:** Inhaled: 2 puffs twice daily. Dosage varies depending on the severity of the condition. **Contraindications:** Hypersensitivity to budesonide. **Interactions:** May interact with some medications (e.g., ritonavir). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Rinse mouth with water after each use to prevent oral thrush. * Benefits: Effective for reducing inflammation in the airways and in the gastrointestinal tract. * Resources: [Link to National Institutes of Health (NIH) page on Budesonide]

43. Name: Salmeterol **Summary:** A long-acting bronchodilator used to treat asthma and chronic obstructive pulmonary disease (COPD). **Uses:** Asthma, COPD. **Side Effects:** Tremors,

headache, nervousness, rapid heartbeat. **Dosage Guidelines:** Inhaled: 2 puffs twice daily. **Contraindications:** Hypersensitivity to salmeterol. **Interactions:** May interact with some medications (e.g., beta-blockers). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Use as directed. Seek medical attention if symptoms worsen. * Benefits: Provides long-lasting relief of asthma symptoms. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Salmeterol]

44. Name: Albuterol **Summary:** A short-acting bronchodilator used to treat asthma and other conditions that cause wheezing and shortness of breath. **Uses:** Asthma, chronic obstructive pulmonary disease (COPD). **Side Effects:** Tremors, headache, nervousness, rapid heartbeat. **Dosage Guidelines:** Inhaled: 2 puffs every 4-6 hours as needed. Dosage varies by individual and condition. **Contraindications:** Hypersensitivity to albuterol or related medications. **Interactions:** May interact with some medications (e.g., beta-blockers). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Use as directed. Seek medical attention if symptoms worsen. * Benefits: Provides rapid relief of asthma symptoms. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Albuterol]

45. Name: Ipratropium **Summary:** An anticholinergic bronchodilator used to treat chronic obstructive pulmonary disease (COPD). **Uses:** Chronic obstructive pulmonary disease (COPD). **Side Effects:** Dry mouth, blurred vision, constipation. **Dosage Guidelines:** Inhaled: 2 puffs every 6-8 hours as needed. **Contraindications:** Angle-closure glaucoma, urinary retention. **Interactions:** May interact with some medications (e.g., anticholinergic drugs). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Use with caution in individuals with glaucoma or urinary retention. * Benefits: Can help improve breathing in people with COPD. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Ipratropium]

46. Name: Tiotropium **Summary:** A long-acting anticholinergic bronchodilator used to treat chronic obstructive pulmonary disease (COPD). **Uses:** Chronic obstructive pulmonary disease (COPD). **Side Effects:** Dry mouth, blurred vision, constipation. **Dosage Guidelines:** Inhaled: 1 inhalation once daily. **Contraindications:** Angle-closure glaucoma, urinary retention. **Interactions:** May interact with some medications (e.g., anticholinergic drugs). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Use with caution in individuals with glaucoma or urinary retention. * Benefits: Can help improve breathing in people with COPD. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Tiotropium]

47. Name: Montelukast **Summary:** A leukotriene receptor antagonist used to treat asthma and allergies. **Uses:** Asthma, allergic rhinitis (hay fever). **Side Effects:** Headache, diarrhea, insomnia, abnormal behavior (rare). **Dosage Guidelines:** Adults: 10mg orally once daily, usually in the evening. **Contraindications:** Hypersensitivity to montelukast. **Interactions:** May interact with some medications (e.g., phenobarbital). **Additional Information:** * Storage:

Store at room temperature, away from moisture and heat. * Warnings: May cause unusual behavior or mood changes in some individuals. * Benefits: Can help prevent asthma attacks and reduce allergy symptoms. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Montelukast]

48. Name: Zafirlukast **Summary:** A leukotriene receptor antagonist used to treat asthma. **Uses:** Asthma. **Side Effects:** Headache, diarrhea, liver problems (rare). **Dosage Guidelines:** Adults: 20mg orally twice daily. **Contraindications:** Hypersensitivity to zafirlukast. **Interactions:** May interact with some medications (e.g., phenobarbital). **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: Monitor liver function tests periodically. * Benefits: Can help prevent asthma attacks. * Resources: [Link to National Heart, Lung, and Blood Institute (NHLBI) page on Zafirlukast]

49. Name: Gabapentin **Summary:** A medication used to treat seizures and nerve pain. **Uses:** Epilepsy, neuropathic pain (e.g., shingles, diabetic neuropathy). **Side Effects:** Dizziness, drowsiness, fatigue, swelling. **Dosage Guidelines:** Adults: Starting dose usually 300mg daily, may be increased gradually. **Contraindications:** Hypersensitivity to gabapentin. **Interactions:** May interact with opioids, alcohol. **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: May cause drowsiness. Avoid driving or operating machinery until you know how it affects you. * Benefits: Effective for treating seizures and nerve pain. * Resources: [Link to National Institutes of Health (NIH) page on Gabapentin]

50. Name: Pregabalin **Summary:** A medication used to treat seizures, nerve pain, and anxiety. **Uses:** Epilepsy, neuropathic pain (e.g., fibromyalgia, diabetic neuropathy), generalized anxiety disorder. **Side Effects:** Dizziness, drowsiness, blurred vision, weight gain. **Dosage Guidelines:** Adults: Starting dose usually 150mg daily, may be increased gradually. **Contraindications:** Hypersensitivity to pregabalin. **Interactions:** May interact with opioids, alcohol. **Additional Information:** * Storage: Store at room temperature, away from moisture and heat. * Warnings: May cause drowsiness. Avoid driving or operating machinery until you know how it affects you. * Benefits: Effective for treating seizures, nerve pain, and anxiety. * Resources: [Link to National Institutes of Health (NIH) page on Pregabalin]

80. Name: Lamictal (lamotrigine) Lamotrigine is an anticonvulsant medication also used to treat bipolar disorder and some types of depression. It works by stabilizing the electrical activity in the brain. It is used to treat epilepsy, bipolar disorder, and some types of depression. Common side effects include rash (serious skin reactions can occur), dizziness, headache, and nausea. Starting doses are usually low and gradually increased. Contraindications include hypersensitivity to lamotrigine and recent use of certain medications. Lamotrigine can interact with other medications, so it's crucial to inform your doctor about all medications you are currently taking. Store Lamictal at room temperature, away from moisture and heat.

81. Name: Topamax (topiramate) Topamax is an anticonvulsant medication also used to prevent migraines and treat obesity. It works by affecting the activity of certain neurotransmitters in the brain. It is used to treat epilepsy, prevent migraines, and aid in weight loss. Common side effects include tingling in the hands and feet, dizziness, difficulty concentrating, and kidney stones. Starting doses are usually low and gradually increased. Contraindications include hypersensitivity to topiramate, glaucoma, and severe kidney impairment. Topamax can interact with many medications, including diuretics and certain antidepressants. Store Topamax at room temperature, away from moisture and heat.

82. Name: Neurontin (gabapentin) Neurontin is a medication primarily used to treat seizures and nerve pain. It works by affecting the activity of certain nerve cells in the brain. It is used to treat epilepsy, neuropathic pain (such as shingles, diabetic neuropathy), and restless legs syndrome. Common side effects include dizziness, drowsiness, fatigue, and swelling. Starting doses are usually low and gradually increased. Contraindications include hypersensitivity to gabapentin. Neurontin can interact with opioids and alcohol, increasing the risk of drowsiness and sedation. Store Neurontin at room temperature, away from moisture and heat.

83. Name: Lyrica (pregabalin) Lyrica is a medication used to treat seizures, nerve pain, and anxiety. It works by affecting the activity of certain nerve cells in the brain. It is used to treat epilepsy, neuropathic pain (such as fibromyalgia, diabetic neuropathy), and generalized anxiety disorder. Common side effects include dizziness, drowsiness, blurred vision, and weight gain. Starting doses are usually low and gradually increased. Contraindications include hypersensitivity to pregabalin. Lyrica can interact with opioids and alcohol, increasing the risk of drowsiness and sedation. Store Lyrica at room temperature, away from moisture and heat.

84. Name: Adderall (amphetamine-dextroamphetamine) Adderall is a stimulant medication used to treat attention-deficit/hyperactivity disorder (ADHD) and narcolepsy. It works by increasing levels of certain neurotransmitters in the brain. It is used to treat ADHD and narcolepsy. Common side effects include decreased appetite, difficulty sleeping, nervousness, and irritability. Contraindications include severe cardiovascular disease, glaucoma, and a history of drug abuse. Adderall can interact with many medications, including antidepressants and blood pressure medications. Store Adderall in a secure, tightly closed container at room temperature, away from moisture and heat.

85. Name: Ritalin (methylphenidate) Ritalin is a stimulant medication used to treat attention-deficit/hyperactivity disorder (ADHD) and narcolepsy. It works by increasing levels of certain neurotransmitters in the brain. It is used to treat ADHD and narcolepsy. Common side effects include decreased appetite, difficulty sleeping, nervousness, and irritability. Contraindications include severe cardiovascular disease, glaucoma, and a history of drug abuse. Ritalin can interact with many medications, including antidepressants and blood

pressure medications. Store Ritalin in a secure, tightly closed container at room temperature, away from moisture and heat.

86. Name: Concerta (extended-release methylphenidate) Concerta is an extended-release form of methylphenidate used to treat attention-deficit/hyperactivity disorder (ADHD). It provides a sustained release of medication throughout the day. It is used to treat ADHD. Common side effects include decreased appetite, difficulty sleeping, nervousness, and irritability. Contraindications include severe cardiovascular disease, glaucoma, and a history of drug abuse. Concerta can interact with many medications, including antidepressants and blood pressure medications. Store Concerta in a secure, tightly closed container at room temperature, away from moisture and heat.

87. Name: Strattera (atomoxetine) Strattera is a non-stimulant medication used to treat attention-deficit/hyperactivity disorder (ADHD) in children and adults. It works by increasing levels of certain neurotransmitters in the brain. It is used to treat ADHD. Common side effects include decreased appetite, nausea, fatigue, and dizziness. Contraindications include severe cardiovascular disease, narrow-angle glaucoma, and a history of serious liver problems. Strattera can interact with certain medications, including monoamine oxidase inhibitors (MAOIs). Store Strattera at room temperature, away from moisture and heat.

88. Name: Wellbutrin (bupropion) Wellbutrin is an antidepressant medication also used to aid in smoking cessation. It works by increasing levels of certain neurotransmitters in the brain. It is used to treat depression, seasonal affective disorder (SAD), and to help people quit smoking. Common side effects include dry mouth, insomnia, constipation, and tremor. Contraindications include seizures, a history of eating disorders, and recent MAOI use. Wellbutrin can interact with many medications, including other antidepressants and certain antipsychotics. Store Wellbutrin at room temperature, away from moisture and heat.

89. Name: Remeron (mirtazapine) Remeron is an antidepressant medication that also helps to improve sleep. It works by increasing levels of certain neurotransmitters in the brain. It is used to treat depression and insomnia. Common side effects include drowsiness, increased appetite, weight gain, and dry mouth. Contraindications include narrow-angle glaucoma and recent MAOI use. Remeron can interact with other medications, including benzodiazepines and opioids. Store Remeron at room temperature, away from moisture and heat.

90. Name: Trazodone Trazodone is a medication primarily used to treat insomnia, but it also has antidepressant effects. It works by affecting certain neurotransmitters in the brain. It is used to treat insomnia and some cases of depression. Common side effects include drowsiness, dizziness, dry mouth, and headache. Contraindications include severe liver disease and recent MAOI use. Trazodone can interact with other medications that cause drowsiness, such as alcohol and opioids. Store Trazodone at room temperature, away from moisture and heat.

91. Name: Zoloft (sertraline) Zoloft is an antidepressant medication used to treat depression, OCD, panic disorder, and premenstrual dysphoric disorder (PMDD). It works by increasing levels of serotonin in the brain. It is used to treat depression, OCD, panic disorder, and PMDD. Common side effects include nausea, diarrhea, insomnia, and sexual dysfunction. Contraindications include history of mania or bipolar disorder, recent MAOI use. Zoloft can interact with other medications, such as other antidepressants and MAOIs. Store Zoloft at room temperature, away from moisture and heat.

92. Name: Prozac (fluoxetine) Prozac is an antidepressant medication used to treat depression, obsessive-compulsive disorder (OCD), and other conditions. It works by increasing levels of serotonin in the brain. It is used to treat depression, OCD, panic disorder, bulimia nervosa. Common side effects include nausea, headache, insomnia, and sexual dysfunction. Contraindications include history of mania or bipolar disorder, recent MAOI use. Prozac can interact with other medications, such as other antidepressants and MAOIs. Store Prozac at room temperature, away from moisture and heat.

93. Name: Paxil (paroxetine) Paxil is an antidepressant medication used to treat depression, anxiety disorders, and obsessive-compulsive disorder (OCD). It works by increasing levels of serotonin in the brain. It is used to treat depression, anxiety disorders, OCD. Common side effects include nausea, drowsiness, dizziness, and sexual dysfunction. Contraindications include history of mania or bipolar disorder, recent MAOI use. Paxil can interact with other medications, such as other antidepressants and MAOIs. Store Paxil at room temperature, away from moisture and heat.

94. Name: Celexa (citalopram) Celexa is an antidepressant medication used to treat depression, anxiety disorders, and obsessive-compulsive disorder (OCD). It works by increasing levels of serotonin in the brain. It is used to treat depression, anxiety disorders, OCD. Common side effects include nausea, diarrhea, insomnia, and sexual dysfunction. Contraindications include history of mania or bipolar disorder, recent MAOI use. Celexa can interact with other medications, such as other antidepressants and MAOIs. Store Celexa at room temperature, away from moisture and heat.