

query intent: knowledge

common cold remedies

According to the information provided in the article from Verywell Health, there are several alternative home remedies^[1] that people use for common cold symptoms. These remedies include:

- Zinc:** Some studies suggest that zinc lozenges may^[1] help reduce the duration and severity of cold symptoms^[1]. However, better-quality studies are needed to determine^[1] its effectiveness.
- Vitamin D:** There is limited evidence that vitamin D might help reduce cold symptoms and^[1] the risk of catching a cold^[1]. However, more research is needed to confirm these^[1] findings.
- Astragalus root:** Traditional Chinese medicine practitioners^[1] recommend astragalus root to prevent colds and treat symptoms. However, it may interact with certain medications and affect blood sugar and blood pressure levels^[1].
- Garlic:** Garlic has antibacterial and antifungal properties^[1] and may help reduce the risk of catching a cold^[1]. However, it may cause bad breath and body odor^[1] and can interact with certain medications.
- Vitamin C:** Vitamin C slightly reduces the length and severity of cold symptoms^[1] but does not prevent the common cold^[1]. High doses of vitamin C may cause digestive issues.
- Honey:** Honey can help soothe an irritated throat and improve cough symptoms. However, it should not be given to infants under 1 year old^[1] due to the risk of botulism.
- Echinacea:** Studies have shown mixed results for the effectiveness of echinacea in preventing or treating colds^[1]. It may cause allergic reactions and interact with certain medications.
- Ginseng:** There is limited evidence on the effectiveness of ginseng for colds and flu. It may have side effects and should be used with caution in certain individuals.
- Ginger:** Ginger is used in traditional medicine to treat cold symptoms. Normal amounts in food are generally safe, but excessive amounts may cause heartburn and indigestion^[1].
- Elderberry:** Elderberry has a history of use as a remedy for colds and the flu. Although preliminary research is promising, more studies are needed to confirm its effectiveness.
- Eucalyptus:** Eucalyptus oil may help relieve cold symptoms and thin mucus. However, its effectiveness as a treatment for the common cold is still uncertain.

It's important to note that while some people find these natural remedies helpful, scientific evidence is often limited and mixed. Additionally, these remedies may interact with medications^[1] and have potential side effects^[1]. It's advisable to consult with a healthcare professional before trying alternative treatments for the common cold.

Sources (10)

Add

Selected Sources (1) ^

[1] 11 Popular Natural Remedies for a Cold



verywellhealth.com/cold-remedies-90007

Remove

Candidate Sources (8) ^

Removed Sources (1) ^

Follow Up Suggestions

- Are there any specific dosages or guidelines for using zinc lozenges as a cold remedy?
- What is the recommended daily intake of vitamin D for reducing cold symptoms?
- Can you provide more information on the potential interactions between astragalus root and certain medications?
- Are there any alternative methods for consuming garlic that can avoid the issue of bad breath and body odor?
- What would be considered a high dose of vitamin C that may cause digestive issues?
- Are there any other natural remedies that can be used to soothe an irritated throat besides honey?
- Could you explain more about the potential allergic reactions and medication interactions associated with echinacea?
- In what individuals should ginseng be used with caution as a cold remedy?
- Are there any recommended methods for consuming ginger to avoid heartburn and indigestion?
- Can you provide more information on the promising preliminary research surrounding elderberry as a cold remedy?

query intent: knowledge

Are there any specific dosages or guidelines for using zinc lozenges as a cold remedy?



According to the information provided in the excerpt from [Verywell Health](#), there are specific guidelines for using zinc lozenges as a cold remedy. It states that zinc lozenges should typically contain at least 13.3 mg of elemental zinc^[1]. The lozenges are usually taken every two to four hours during the day^[1], starting immediately after the onset of cold symptoms^[1]. The recommended maximum daily dosage is six to 12 lozenges^[1] per day. However, it is important to note that the effectiveness of zinc lozenges for colds is still debated and more research is needed to determine^[1] their true effectiveness. It is always advisable to consult with a healthcare provider before using any alternative treatments for the common cold.



Sources (1)

Add

Selected Sources (1) ^

[1] 11 Popular Natural Remedies for a Cold



verywellhealth.com/cold-remedies-90007

Remove

Follow Up Suggestions

- What are the potential side effects or risks of using zinc lozenges for colds?
- Are there any other alternative treatments for the common cold that I should consider?
- Can you provide any information on the current research regarding the effectiveness of zinc lozenges for colds?
- Are there any specific brands or formulations of zinc lozenges that are recommended?

query intent: knowledge_list

What are the potential side effects or risks of using zinc lozenges for colds?

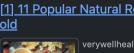
The potential side effects^[1] and risks of using zinc lozenges for colds are mentioned in the excerpt from Verywell Health. Here are the potential side effects and risks:

Sources (1)

Add

Selected Sources (1) ^

[1] 11 Popular Natural Remedies for a Cold



verywellhealth.com/cold-remedies-90007

- **Nausea:** Taking zinc lozenges may^[1] cause nausea as a possible side effect^[1].
- **Unpleasant taste:** Zinc lozenges may leave an unpleasant taste in your mouth^[1].
- **Interactions with medications:** Zinc lozenges can interact with certain medications, such as antibiotics, antacids, and immunosuppressants. It's important to consult with a healthcare provider before using zinc lozenges if you are taking any medications to avoid potential interactions.
- **Copper deficiency:** Long-term use of high doses of zinc supplements can interfere with the absorption of^[1] copper in the body and lead to copper deficiency^[1]. Copper is an essential mineral that plays a role in various bodily functions.
- **Inadequate research:** The effectiveness of zinc lozenges for colds is still debated, and better-quality studies are needed to determine^[1] their true effectiveness.

Please note that this information is based on the excerpt provided and for more detailed and individualized information, it is always recommended to consult with a healthcare provider.



Follow Up Suggestions

- | |
|--|
| What are some common medications that can interact with zinc lozenges? |
| How long does it typically take for the unpleasant taste to go away after taking a zinc lozenge? |
| Are there any specific symptoms of copper deficiency that one should watch out for? |
| Can you provide any examples of the types of studies that are needed to determine the effectiveness of zinc lozenges for colds? |
| Are there any precautions or guidelines for using zinc lozenges if someone is already taking antibiotics, antacids, or immunosuppressants? |
| Are there any alternative options to using zinc lozenges for treating colds that have fewer potential side effects or risks? |
| What would be considered a high dose of zinc that could lead to copper deficiency? |

query intent: knowledge

What would be considered a high dose of zinc that could lead to copper deficiency?



The information provided in the excerpt from [Verywell Health](#) does not specify the exact dosage of zinc that could lead to copper deficiency^[1]. However, it does mention that long-term use of high doses of zinc supplements can interfere with the absorption of^[1] copper in the body and lead to copper deficiency. It is always advisable to consult with a healthcare provider for specific dosage recommendations and to ensure the safe use of zinc supplements.

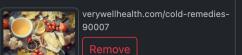


Sources (1)

Add

Selected Sources (1)

[1] [11 Popular Natural Remedies for a Cold](#)



Remove

Follow Up Suggestions

- | |
|---|
| Can you provide any general guidelines for safe zinc supplementation? |
| Are there any symptoms or signs of copper deficiency that individuals should watch out for? |
| What are some foods or sources of copper that individuals can incorporate into their diet to prevent copper deficiency while taking zinc supplements? |
| Are there any known interactions with other medications or supplements that individuals should be aware of when taking zinc supplements? |

query intent: knowledge

Are there any known interactions with other medications or supplements that individuals should be aware of when taking zinc supplements?



There are potential interactions between zinc supplements and other medications or supplements that individuals should be aware of. According to sources like [Drugs.com](#)^[1] and [Mayo Clinic](#)^[2], there are potential interactions with other medications and supplements, but specific details are not provided in the excerpts. [Healthline](#) provides more specific information, mentioning that zinc supplements may interact with antibiotics like tetracyclines and quinolones, reducing their absorption and effectiveness. Penicillamine, a medication used for rheumatoid arthritis and Wilson's disease, can also be affected by zinc, reducing its absorption and action. Diuretics may increase zinc excretion^[3], potentially leading to deficiency. Vitamin C in high doses may interfere with zinc absorption^[3], and taking zinc and iron supplements together may interfere with the absorption of both minerals. The [NIH](#) mentions similar interactions with antibiotics and penicillamine, and also notes that certain diuretics can increase zinc excretion. It is important to note that these are not exhaustive lists of interactions, and it is recommended to consult with a healthcare provider^[4] or pharmacist for personalized advice.



Sources (7)

Add

Selected Sources (5)

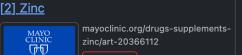
Remove All

[1] [Zinc Uses, Side Effects & Warnings](#)



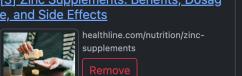
Remove

[2] [Zinc](#)



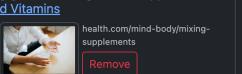
Remove

[3] [Zinc Supplements: Benefits, Dosage, and Side Effects](#)



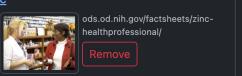
Remove

[4] [Avoid Mixing These Supplements and Vitamins](#)



Remove

[5] [Office of Dietary Supplements - Zinc](#)



Remove

Removed Sources (2)

Sources (5)

Add

Follow Up Suggestions

- | |
|--|
| How can interactions between zinc supplements and other medications affect their absorption and effectiveness? |
| Can you provide examples of common antibiotics that may interact with zinc supplements? |
| How does zinc affect the absorption and action of penicillamine? |
| What are the potential consequences of taking diuretics and zinc supplements together? |
| Is there a specific dose of vitamin C that can interfere with zinc absorption? |

How can interactions between zinc supplements and other medications affect their absorption and effectiveness?



According to information from [Mayo Clinic](#)^[1], taking zinc supplements with certain medications can affect their absorption and effectiveness. Specifically, oral zinc supplements can decrease the effectiveness of certain drugs^[1]. Antibiotics like tetracyclines and quinolones can have reduced absorption when taken with zinc supplements, potentially decreasing their effectiveness. Additionally, zinc can interact with other medications and supplements. For example, zinc can reduce the absorption and effectiveness of penicillamine, a medication used for rheumatoid arthritis and Wilson's disease. Zinc supplements can also interact with diuretics, leading to increased zinc excretion and potential deficiency. It is important to consult with a healthcare provider^[2] or pharmacist when considering the use of zinc supplements^[3], especially if you are taking other medications or supplements. It is always best to seek personalized advice tailored to your specific needs and medications from a healthcare professional.



Follow Up Suggestions

Which antibiotics specifically can have reduced absorption when taken with zinc supplements?

Can you give an example of a medication that zinc can reduce the absorption and effectiveness of?

Are there any specific types of diuretics that can interact with zinc supplements?

How would a potential zinc deficiency be detected if someone is taking diuretics?

Selected Sources (3)

[Remove All](#)

[1] Zinc

mayoclinic.org/drugs-supplements-zinc/art-2036612

[Remove](#)

[2] Avoid Mixing These Supplements and Vitamins

health.com/mind-body/mixing-supplements

[Remove](#)

[3] Office of Dietary Supplements – Zinc

ods.od.nih.gov/factsheets/zinc-healthprofessional/

[Remove](#)

Removed Sources (2)

Sources (2)

[Add](#)

Selected Sources (0)

Removed Sources (2)

query intent: knowledge How would a potential zinc deficiency be detected if someone is taking diuretics?

[Edit](#)

The article does not specifically address how a potential zinc deficiency would be detected if someone is taking diuretics. However, the normal methods for detecting a zinc deficiency include blood tests and urine tests to measure zinc levels in the body. These tests can help identify if someone is deficient in zinc, regardless of whether they are taking diuretics or any other medication.

It is important to note that diuretics can increase the body's release of zinc, potentially leading to lower zinc levels. However, a definitive answer on how a potential zinc deficiency would be detected specifically in someone taking diuretics is not provided in the article.

To obtain more specific and accurate information about detecting a potential zinc deficiency in individuals taking diuretics, it is advisable to consult with a healthcare provider or medical professional familiar with the individual's medical history and current medications.

Pandi could not find an answer in 2 sources. Alternatives:

- Modify the query.
- Start a new thread.



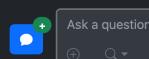
Follow Up Suggestions

Are there any specific dosages or guidelines for using zinc lozenges as a cold remedy?

Are there any specific dosages or guidelines for using zinc lozenges as a cold remedy?

Are there any specific dosages or guidelines for using zinc lozenges as a cold remedy?

Are there any specific dosages or guidelines for using zinc lozenges as a cold remedy?



Ask a question



👤



🔍

