

**Example products for conditions or over the counter items that could be restricted (these examples are for illustration purposes only and might include more or less items)**

Condition/Item	Example products
Probiotics	Probiotic sachets
Vitamins and minerals	Vitamin B compound tablets, Vitamin C effervescent 1g tablets, Multivitamin preparations
Acute sore throat	Antiviral cold sore cream
Cold sores	Conjunctivitis Antimicrobial eye drops and eye ointment.
Conjunctivitis	Cough mixtures or linctus, Saline nose drops, Menthol vapour rubs, Cold and flu capsules or sachets
Cradle Cap (Seborrhoeic dermatitis - infants)	Emulsifying ointment, Shampoos
Haemorrhoids	Haemorrhoid creams, ointments and suppositories.
Infant Colic	Simethicone suspensions lactase drops
Mild Cystitis	Sodium bicarbonate or potassium citrate granules
Acute sore throat	Emollients, Steroid creams.
Cold sores	Antidandruff shampoos Antifungal shampoos
Conjunctivitis	Loperamide 2mg capsules Rehydration sachets,
Cradle Cap (Seborrhoeic dermatitis - infants)	Eye drops for sore tired eyes Hypromellose 0.3% eye drops
Haemorrhoids	Drops containing sodium bicarbonate, hydrogen peroxide, olive oil or almond oil.
Infant Colic	Aluminium chloride sprays, roll-ons, solutions.
Mild Cystitis	Creams or lotions for head lice
Contact Dermatitis	Antacid tablets or liquids Ranitidine 150mg Tablets OTC proton pump inhibitors e.g. omeprazole 10mg capsules. Sodium alginate, calcium carbonate or sodium bicarbonate liquids.
Dandruff	Bisacodyl tablets 5mg Ispaghula Husk granules OFFICIAL 36 Lactulose solution
Diarrhoea (Adults)	Migraine tablets Painkillers Anti-sickness tablets
Dry Eyes/Sore tired Eyes	Steroid creams or creams for itching.
Earwax	Benzoyl peroxide products Salicylic acid products
Excessive sweating (Hyperhidrosis)	Emollient creams, ointments and lotions After sun cream Sun creams
Head Lice	Antihistamine tablets or liquids. Steroid nasal sprays Sodium cromoglicate eye drops
Indigestion and Heartburn	Antiseptic Burns Cream, Cooling burn gel.

Infrequent Constipation	Paracetamol 500mg tablets, Ibuprofen 400mg tablets, NSAID topical creams or gels Paracetamol Suspension
Infrequent Migraine	Antimicrobial mouthwash
Insect bites and stings	Nappy rash creams
Mild Acne	Fluoride toothpastes Mouthwashes
Mild Dry Skin/Sunburn	Athlete's Foot Cream Antifungal creams or sprays
Mild to Moderate Hay fever/Seasonal Rhinitis	Antiseptic pain relieving gel Clove Oil Painkillers
Minor burns and scalds	Mebendazole 100mg tablets
Minor conditions associated with pain, discomfort and/fever. (e.g. aches and sprains, headache, period pain, back pain)	Travel sickness tablets
Mouth ulcers	Creams, gels, skin paints and medicated plasters containing salicylic acid dimethyl ether propane cold spray
Nappy Rash	Simethicone suspensions lactase drops
Oral Thrush	Sodium bicarbonate or potassium citrate granules
Prevention of dental caries	Emollients, Steroid creams.
Ringworm/Athletes foot	Antidandruff shampoos Antifungal shampoos
Teething/Mild toothache	Loperamide 2mg capsules Rehydration sachets,
Threadworms	Eye drops for sore tired eyes Hypromellose 0.3% eye drops
Travel Sickness	Drops containing sodium bicarbonate, hydrogen peroxide, olive oil or almond oil.
Warts and Verrucae	Aluminium chloride sprays, roll-ons, solutions.