

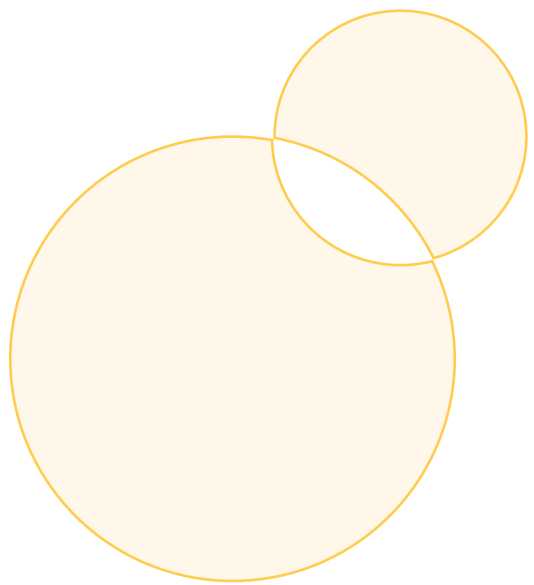
What are NON-PRESCRIPTION DRUGS?

These are the drugs that can be purchased without a medical prescription, but **they may be sold** only in a chemist's shop.

What are OTC DRUGS?

These drugs are called "Over The Counter" (OTC) as they can be purchased freely, based on your own experience, to support your good health or for short-lasting treatments.

They are offered on the market also through advertising, controlled and authorized by the Ministry of Health through specific legislation. Also in this case, the chemist can give useful advice and support the patient in the selection, but OTC drugs can be purchased also in other places that chemist shops (for instance, in supermarkets).



ATTENTION!

Two drugs with different names can contain the same active principle. Before taking drugs, make sure - also with the support of a chemist - that you are not taking a double dose of the same principle.

ATTENTION!

Self medication drugs can be taken without medical supervision, but this does not mean they cannot have undesired side effects. Stick to the recommended dosage and, in case of disturbance, refer to a doctor.

ATTENTION!

It is a good habit to check the validity of the products we use and store them in suitable conditions, as described in the package leaflet.



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SELF MEDICATION?

Advice for the aware purchase of pharmaceutical without medical prescription"

FOR CORRECT SELF MEDICATION

OMEGA STUDIO srl Milano - COLORPLATES srl

SELF MEDICATION

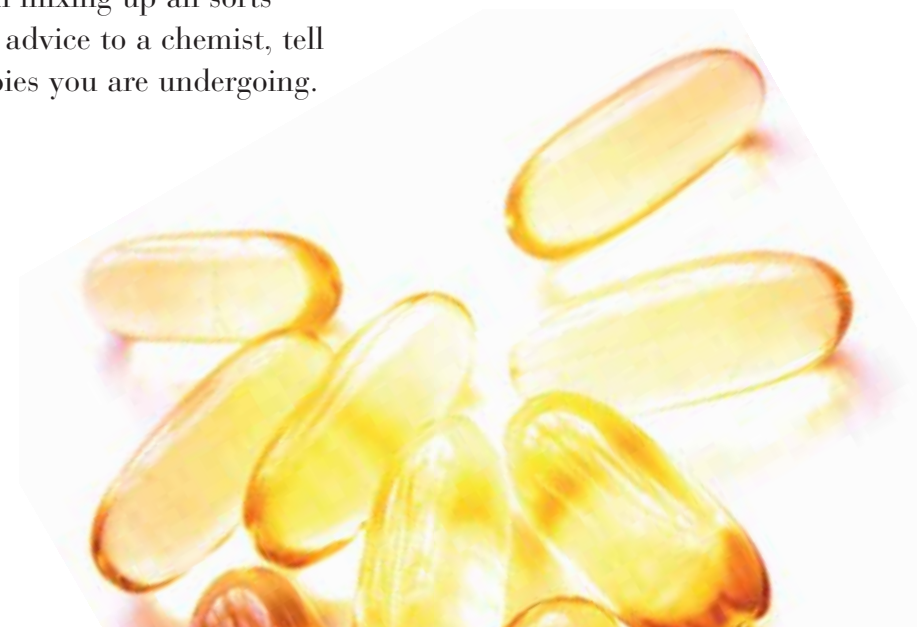
It means that you choose your own treatment without a doctor's advice.

Self medication is possible, but you must strictly comply with the instructions of the package leaflet and a few basic rules:

Self medication does not mean you take the drugs you have at home and were effective last time, or you take drugs suggested by someone you know because you have the same symptoms.

Self medication means you undergo treatment without medical advice for disturbance that can be healed in 1-2 days. If symptoms persist or the same disturbance occurs frequently, you have to refer to your attending practitioner.

Self medication does not mean mixing up all sorts of drugs. When you apply for advice to a chemist, tell him/her about possible therapies you are undergoing.



WHAT IS A SELF MEDICATION DRUG?

It is a drug that can be purchased without submitting a medical prescription.

The Italian Ministry of Health has divided these drugs into two categories:

- non-prescription drugs
- OTC drugs

Both *non-prescription drugs* and *OTC drugs* **are not refunded** by the National Health System.

EXAMPLES OF SELF MEDICATION

ACID STOMACH

ANTI-ACID drugs are products that alleviate the symptoms of stomach irritation. Be careful not to overdo with their use. In case of frequent disturbance, refer to your practitioner. Strictly comply with the recommended dosage. Excessive dosage may cause serious damage.

NAUSEA and VOMITING

Nausea and vomiting can be transitory diseases, but they can also be the symptoms of more serious diseases. Early symptoms can be treated with so-called ANTI-VOMIT and ANTI-NAUSEA drugs. If vomit and/or nausea do not disappear within 2 or 3 days after you have taken an OTC drug, refer to your attending practitioner. In case of pregnancy, it is recommended to inform the chemist, who will guide you to the most suitable choice.

DIARRHEA

In general, anti-diarrhea products provide a quick action on the symptom, diarrhea; if the symptom persists, refer to your attending practitioner. There is no use in treating diarrhea with antibiotics, unless laboratory examination indicates intestinal infection. Probiotics have a healing function and also provide for effective prophylaxis when you expect stress due to travel, climate changes etc. Not all probiotics are equally effective. The most effective products are based on live dried-out bacteria. It is also recommended to take products containing vegetal charcoal.

COLDS AND FLUES

Cold-induced diseases, i.e. common cold, not to be mistaken with flue, can be treated simply with rest and Vitamin C drugs (citrus fruits are rich of Vitamin C) and with acetyl salicylic acid (aspirin). Paracetamol, found in many "anti-flu" drugs, can help alleviate articulation pain and reduce fever.

Flue is a seasonal infection, with high peaks during the winter. It can be effectively prevented with vaccines, especially recommended for people above 65 years of age or chronic diseases. In this case, refer to your attending practitioner.

SKIN DISEASES

Before purchasing a DERMATOLOGICAL drug, the symptoms must be clearly explained to the chemist, as even a simple skin irritation can be due to anything from an insect sting to major allergies. It is recommended to be very careful with tanning products, especially when you have mulberry marks or skin spots. Age marks can be delayed through constant skin hydration and the use of dermatological milk.