



MINISTRY OF HEALTH- BELIZE

LIST OF OVER THE COUNTER MEDICATIONS FOR PHARMACY SALE

Definition of Over the Counter Medications for Pharmacy Sale: Medicines that contain ingredients that are safe enough but require the technical advice of a registered pharmacist; that should include but is not limited to the indication, dosage and adverse effects.

Name	Strength	Dosage Form
Acetaminophen	100mg/mL or less	Oral suspension
Bacitracin/ Neomycin/ Polymixin	400U/3.5mg/5000U per	Topical Ointment
В	gram	Sale to be recorded in antibiotic
	and the second	register
Benzocaine	20% or less	Topical gel or solution for use on
	CRY OF	mucous membranes
Benzocaine Lozenge	15 mg or less	Oral lozenges
	With or without menthol	
Benzydamine	0.15% or less	Oral rinse, Oral spray
Benzydamine	3mg or less	Oral lozenges
Benzydamine	3% or less	Cream
Bisacodyl	5mg or less	Oral tablets
Bisacodyl	10mg or less	Rectal suppository
Bromhexine	8mg or less	Oral tablet
Bromhexine	4mg/5mls or less	Oral solution
Calcium Carbonate	1500mg or less	Tablet
Calcium polycarbophil	625mg or less	Caplets
Carbamide Peroxide	6.5% or less	Otic drops
Cetirizine	10mg or less	Tablet
Cetirizine	1mg/ml or less	Oral solution or Syrup
Chlorpheniramine	4mg or less	Tablet
	, , , , , , , , , , , , , , , , , , ,	
Chlorpheniramine Clotrimazole	2.5mg/5ml or less	Oral solution or Syrup
Clothimazole	1%	Topical Cream or Solution Sale to be recorded
Combination medication for acid	Combination of 2 or	
		Sparkling Salt
indigestion/ Upset Stomach/	more of the following:	Effervescent Tablet
heartburn/ biliousness	Acetylsalicylic Acid	
	325mg or less Citric Acid 2 g or 40%	
	w/w or lower	
X (/ ^ 7	Tartaric Acid 0.25g or	
$\backslash d/$	0.05 w/w or lower	2021
1.	Sodium Bicarbonate	
	2.5g or 50% w/w or	
(and a second	lower	
	Sodium Hydrogen	
	Carbonate 1.2 g or 24%	
	w/w or lower	
	Potassium bicarbonate	
	0.35 g or lower	
	Magnesium Sulphate	
	0.88g/ 5g (17.6% w/w)	
Combination Eye Drops	Containing two (2) or	
	more of the following:	
	Glycerin 0.2% or less	
	Hypromellose 0.2% or	
	less	
	Polyethylene glycol 400	
	1% or less	
	Naphazoline HCl	





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Iodine	2%	Tincture
Ketoconazole	2%	Shampoo
Levocetirizine	5mg or less	Oral Tablets
Levocetirizine	2.5mg/ 5ml or less	Oral Solution
Levonogestrel	1.5 mg or less per oral	Oral tablet
Levonogestier	dosage unit to be taken	For sale to persons over the age of
	as a single dose of 1.5	sixteen (16) years.
	mg, packaged and	sixteen (10) years.
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	labelled for emergency	
.	contraception	T : 10
Lidocaine	4% or less	Topical Cream
	With or without menthol	Topical Solution
	or benzyl alcohol	Transdermal patch
Lidocaine	1% or less	Oral Gel
	With or without	
	chlorocresol,	Concession of the Institute of the Insti
	cetylpyridinium	
Loperamide	2mg or less in package	Oral tablet
- I	sizes of no more than six	
1.5	(6) tablets. Appropriate	
	counselling necessary.	
Loratidine	10mg or less	Oral tablets
Loratidine Circle	1mg/ml or less	Syrup
Magnesium Citrate	1.745g/ oz or less	Oral Solution
Magnesium Hydroxide	1200mg/ 15mls or less	Oral suspension
Meclizine	25mg or less	Oral tablets
Miconazole	2%	Topical cream
		Sale to be recorded
Naphazoline	0.025%	Ophthalmic drops
Naproxen	250mg or less	Tablet, Gel Capsule, Caplet
Nasal Solution	Sodium Chloride 0.9%	Nasal spray or drops
Orphenadrine citrate	100mg or less with or	Oral tablets
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Oxymethazoline	0.5% or less	Nasal spray or drops
Permethrine	10mg/ml	Shampoo
Pheniramine maleate	0.3%	Ophthalmic Drops
Phenol	1.5% or less	Throat spray
Polyethylene glycol 3350	17g per dose	Powder for solution
Polyethylene glycol 400	1%	Ophthalmic drops
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Salicyclic Acid Simethicone	heartburn. 40% or less 17% or less 180mg or less	Medicated Disc Liquid Solution Shampoo Oral tablet or capsule
Salicyclic Acid	heartburn. 40% or less 17% or less 180mg or less 20mg/5mls or less	Medicated Disc Liquid Solution Shampoo
Salicyclic Acid Simethicone	heartburn. 40% or less 17% or less 180mg or less 20mg/5mls or less	Medicated Disc Liquid Solution Shampoo Oral tablet or capsule
Salicyclic Acid Simethicone Simethicone Simethicone	heartburn. 40% or less 17% or less 180mg or less 20mg/5mls or less 7mg/0.1ml or less	Medicated Disc Liquid Solution Shampoo Oral tablet or capsule Oral Suspension Oral Drops
Salicyclic Acid Simethicone Simethicone	heartburn. 40% or less 17% or less 180mg or less 20mg/5mls or less 7mg/0.1ml or less 20 g or less in 118mls	Medicated Disc Liquid Solution Shampoo Oral tablet or capsule Oral Suspension
Salicyclic Acid Simethicone Simethicone Simethicone	heartburn. 40% or less 17% or less 180mg or less 20mg/5mls or less 7mg/0.1ml or less 20 g or less in 118mls As Monobasic Sodium	Medicated Disc Liquid Solution Shampoo Oral tablet or capsule Oral Suspension Oral Drops
Salicyclic Acid Simethicone Simethicone Simethicone	heartburn. 40% or less 17% or less 180mg or less 20mg/5mls or less 7mg/0.1ml or less 20 g or less in 118mls As Monobasic Sodium Phosphate Monohydrate	Medicated Disc Liquid Solution Shampoo Oral tablet or capsule Oral Suspension Oral Drops
Salicyclic Acid Simethicone Simethicone Simethicone	heartburn. 40% or less 17% or less 180mg or less 20mg/5mls or less 7mg/0.1ml or less 20 g or less in 118mls As Monobasic Sodium Phosphate Monohydrate or Dibasic Sodium	Medicated Disc Liquid Solution Shampoo Oral tablet or capsule Oral Suspension Oral Drops
Salicyclic Acid Simethicone Simethicone	heartburn. 40% or less 17% or less 180mg or less 20mg/5mls or less 7mg/0.1ml or less 20 g or less in 118mls As Monobasic Sodium Phosphate Monohydrate	Medicated Disc Liquid Solution Shampoo Oral tablet or capsule Oral Suspension Oral Drops
Salicyclic Acid Simethicone Simethicone Simethicone	heartburn. 40% or less 17% or less 180mg or less 20mg/5mls or less 7mg/0.1ml or less 20 g or less in 118mls As Monobasic Sodium Phosphate Monohydrate or Dibasic Sodium	Medicated Disc Liquid Solution Shampoo Oral tablet or capsule Oral Suspension Oral Drops Enema
Salicyclic Acid Simethicone Simethicone Sodium Phosphate	heartburn. 40% or less 17% or less 180mg or less 20mg/5mls or less 7mg/0.1ml or less 20 g or less in 118mls As Monobasic Sodium Phosphate Monohydrate or Dibasic Sodium Phosphate Heptahydrate	Medicated Disc Liquid Solution Shampoo Oral tablet or capsule Oral Suspension Oral Drops





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Zinc Oxide	40% or less	Paste
Zinc Sulphate	0.025%	Ophthalmic drops
Combination transdermal pain	Containing 2 or more of the following:	Transdermal patch
patches	the following: Lidocaine 4% or less	
	Capsaicin 4% or less	
	Menthol 16% or less	
	Camphor 11% or less	
	Wintergreen 0.5% or	
	less	
	Eucalyptus oil 3% or	
	less	
	Peppermint 1.95%	
	Glycol salicylate 5% or	
	less	
	Zinc oxide 20% or less	Concession of the International Concession of the Internationa
Couch and Cold Couching	Combination - f 2	Onel colution on succession f
Cough and Cold Combination	Combination of 2 or	Oral solution or suspension for use in adults/ children or infants.
Preparations	more of the following therapeutic classes:	m aduns/ children of infants.
_112	Analgesic/ Antipyretic	CCA N
	Including:	
	Acetaminophen	
	100mg/ml or less	
	• Ibuprofen	121
	20mg/ml or less	
	-	
	Cough Suppressant	
	Including:	
	Dextromethorph	
	an 1mg/ml or	
	less	
	• Oxolamine 10mg/ml or less	
	Tonig/ini or less	
	Antihistamine	
	Including:	
	• Brompheniramin	
	e 0.2mg/ml or	
	less	
	Chlorpheniramin	
	e 0.4mg/ml or	
9421	less Diabarbudramia	
162	• Diphenhydramin	202
1.	e 2.5mg/ml or less	
	Doxylamine	
	0.5mg/ml or less	
	 Loratidine 1mg/ 	
	ml or less	
	Nasal Decongestant	
	Including:	
	Phenylephrine	
	0.5mg/ml or less	
	Mucolytic &	
	Expectorant Including:	
	Ammonium Chlorida	
	Chloride	
	20mg/ml or lessBromhexine	
	• Broinnexine	





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Cough and Cold Combination Preparations	 0.8mg/ml or less Guaifenesin 20mg/ml or less Glycerol guaicolate 20mg/ml or less Sodium Citrate 100mg/ml or less Combination of 2 or more of the following therapeutic classes: Analgesic/ Antipyretic Including: Acetaminophen 100 200mg or less 	Solid oral formulation for use in paediatric population.
ATT IS	Antihistamine Including: • Chlorpheniramin e 1 mg or less Nasal Decongestant Including: • Phenylephrine 4 mg or less Oral Vitamin: Ascorbic Acid: 30mg or less	HERRIC
Undecylenic Acid	25% w/w	Topical solution
Vitamin, Minerals and Supplements in oral formulation for adult and paediatric use for the prevention, not treatment of deficiencies.	M	Powder
Sodium Hyaluronate eye drops	0.2% w/v or less	Solution/ eye drops
Dimethyl ether: wart remover		Medical device, packages of 15 or less
Dimethyl ether, propane: wart remover	7	Medical device, packages of 8 or less
Urea	30% w/v or less	Topical cream
Heparinoid	0.3% or less	Topical cream Topical gel
Combination medication for haemorrhoid relief	Containing one or more of the following: Hydrocortisone 1% or less Phenylephrine 0.25% or less Lidocaine 4% or less Zinc oxide 10% or less Cocoa butter 75% or less	Rectal cream Wipes Suppository
Minoxidil 5% Beclomethasone dipropionate	5% or less 50mcg/spray, bottle of 200 metered sprays	Topical aerosol (foam) Nasal spray





Triamcinolone Acetonide	55 mcg/ spray, bottle of 60 sprays or less	Nasal spray
Fluticasone propionate	50mcg/spray; 60 metered sprays or less	Nasal spray
Activated Dimethicone	42mg/5mls; 100mls	Oral suspension
Chlorhexidine Digluconate Antiseptic mouthwash	0.2% w/v or less	Mouthwash
Crotamiton	10% w/w	Topical cream
Bifonazole 1% w/w	1% w/w	Topical cream
Tolnaftate	1%	Topical cream Topical spray
Tolnaftate	1%	Powder Powder spray
Amorolfine	5% w/v	Nail lacquer
Lactobacillus plantarum probiotics	10 ¹⁰ CFU or less	Vaginal capsules

