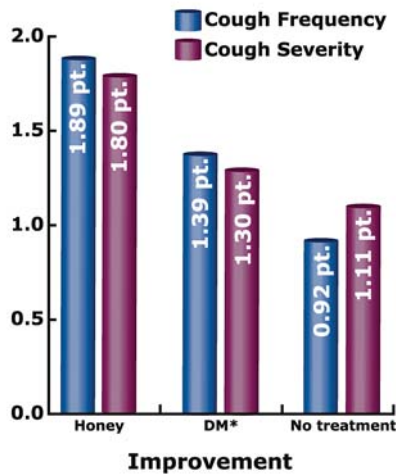


Relief Without Drugs

If your child is suffering from nighttime cough and associated symptoms, a recent study says don't give them cough syrup – try honey instead:



**Dextromethorphan, the primary active ingredient in most cough syrups.*

SOURCE: Paul IM, Beiler J, McMonagle A, et al. Effects of honey, dextromethorphan, and no treatment on nocturnal cough and sleep quality for coughing children and their parents. *Arch Pediatr Adolesc Med*, 2007;161(12):1140-1146.