



FDA Bans Controversial Ingredient in Top Decongestants

Description

You may have seen Sudafed, Mucinex, Benadryl, and other well-known brands in the cold and flu aisle. But did you know that some of these products may not work as well as they claim?

The US Food and Drug Administration (FDA) is thinking about removing a common ingredient called oral phenylephrine from many cold and flu medicines. This ingredient is found in about four out of every five oral decongestants on the market.

If the FDA makes this change, it could affect popular products like Advil Sinus Congestion & Pain, Sudafed PE Nasal Decongestant, and Vicks DayQuil. Research shows that oral phenylephrine doesn't actually help clear a stuffy nose.

Although the FDA hasn't made a final decision yet, they are considering removing oral phenylephrine from these medicines in the future. This change would not apply to nasal sprays or eye drops, which are more effective at delivering the drug.

For more information about oral decongestants with phenylephrine, you can visit this [website](#).

Vocabulary List:

1. **Decongestant** /ˌdiː.kən'dʒɛs.tənt/ (noun): A medication that relieves nasal congestion.
2. **Phenylephrine** /ˌfɛn.ɪl'ɛf.rɪn/ (noun): A common ingredient used in oral decongestants.
3. **Aisle** /aɪl/ (noun): A passage between rows of seats or shelves.
4. **Effective** /ɪ'fɛk.tɪv/ (adjective): Successful in producing a desired or intended result.
5. **Research** /'riː.sɜːrtʃ/ (noun/verb): The systematic investigation into and study of materials and sources.
6. **Consider** /kən'sɪd.ər/ (verb): To think about carefully.

Comprehension Questions

Multiple Choice

1. What is the common ingredient that the FDA is considering removing from many cold and flu medicines?
Option: Oral diphenhydramine



- Option: Oral phenylephrine
- Option: Oral pseudoephedrine
- Option: Oral guaifenesin

2. Approximately how many oral decongestants on the market contain oral phenylephrine?

- Option: One out of every two
- Option: Two out of every three
- Option: Three out of every four
- Option: Four out of every five

3. Which of the following popular products could be affected by the potential removal of oral phenylephrine?

- Option: Tylenol Cold & Flu
- Option: Benadryl Allergy
- Option: Vicks DayQuil
- Option: Robitussin DM

4. Which type of products would not be impacted by the removal of oral phenylephrine?

- Option: Nasal sprays and eye drops
- Option: Oral pain relievers
- Option: Topical creams
- Option: Inhalers

5. According to research, what is the finding about the effectiveness of oral phenylephrine in clearing a stuffy nose?

- Option: Highly effective
- Option: Moderately effective
- Option: Slightly effective
- Option: Not effective

6. Where can individuals find more information about oral decongestants with phenylephrine?

- Option: FDA official website
- Option: CDC website
- Option: WebMD
- Option: Health Direct website

True-False

7. The FDA has already decided to remove oral phenylephrine from cold and flu medicines.



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8. Oral phenylephrine is more effective than nasal sprays in clearing a stuffy nose.
9. Nasal sprays and eye drops are mentioned as alternative delivery methods that could be more effective at delivering oral phenylephrine.
10. All popular cold and flu products contain oral phenylephrine.
11. Research indicates that oral phenylephrine has no impact on reducing nasal congestion.
12. The potential removal of oral phenylephrine does not apply to oral pain relievers.

Gap-Fill

14. Oral phenylephrine is found in about four out of every five oral _____ on the market.
15. If the FDA removes oral phenylephrine, it could impact popular products like Advil Sinus Congestion & Pain, Sudafed PE Nasal Decongestant, and _____.
16. Nasal sprays and eye drops are more effective at delivering the drug compared to oral _____.
17. The FDA is considering removing oral phenylephrine from these medicines in the future, not from nasal sprays or _____.
18. For more information about oral decongestants with phenylephrine, individuals can visit the Health Direct _____.

Answer

Multiple Choice: 1. Oral phenylephrine 2. Four out of every five 3. Vicks DayQuil 4. Nasal sprays and eye drops 5. Not effective 6. Health Direct website

True-False: 7. False 8. False 9. True 10. False 11. True 12. True

Gap-Fill: 14. decongestants 15. Vicks DayQuil 16. phenylephrine 17. eye drops 18. website



Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What type of medication is used to relieve nasal congestion?
Option: Antibiotic
Option: Analgesic
Option: Decongestant
Option: Antihistamine
2. Which term describes the chemical processes within living organisms?
Option: Cognition
Option: Metabolism
Option: Autophagy
Option: Stigma
3. What is physical activity done to maintain or improve health called?
Option: Rest
Option: Exercise
Option: Fasting
Option: Diagnosis
4. Which substance is commonly found in nasal decongestant medications?
Option: Phenylephrine
Option: Cortisol
Option: Autophagy
Option: Nutrients
5. What term relates to the mental processes of perception memory and reasoning?
Option: Sensitivity
Option: Cognitive
Option: Support
Option: Diagnoses
6. What is the natural regulated mechanism of the cell that removes unnecessary or dysfunctional components?
Option: Chronic
Option: Performance
Option: Extinction
Option: Autophagy



7. What is the mark of disgrace associated with a particular circumstance quality or person?

- Option: Fasting
- Option: Moderation
- Option: Diagnosis
- Option: Stigma

8. What term describes a disease or condition that persists over a long period?

- Option: Push-ups
- Option: Chronic
- Option: Authorities
- Option: Intermittent

9. What form of exercise strengthens the upper body muscles?

- Option: Push-ups
- Option: Version
- Option: Suggested
- Option: Research

10. Who has the power to make decisions and enforce rules?

- Option: Exercise
- Option: Cortisol
- Option: Authorities
- Option: Health

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Doctors use various tests to make _____ when identifying illnesses.

12. Intermittent _____ has been shown to have benefits for metabolism and autophagy.

13. Having a good social _____ system is essential for mental health.

14. Eating a balanced diet ensures your body gets essential _____ for proper function.

15. Enjoying treats in _____ is key to maintaining a healthy diet.

16. Always use the latest _____ of software to benefit from bug fixes and new features.

17. Scientists conduct _____ to gather data and draw conclusions about various



phenomena.

18. Athletes work hard to enhance their _____ and achieve their personal best.
19. Philosophers ponder questions about the meaning and purpose of human _____.
20. The disappearance of a species from the planet is known as _____.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. fasting is an eating pattern that cycles between periods of eating and fasting.
22. The to taste varies among individuals influencing food preferences.
23. Regular exercise is essential for maintaining good and overall well-being.
24. Professional athletes focus on improving their physical and mental to excel in their respective sports.
25. Including activities like in your workout routine can enhance upper body strength.
26. Critical thinking skills help individuals solve complex effectively.
27. A medical involves identifying the cause of a patient's symptoms.
28. Friends and family provide emotional during challenging times.
29. Discoveries made through scientific contribute to advancements in various fields.
30. Regular routines improve cardiovascular health and muscle tone.

Answer

Multiple Choice: 1. Decongestant 2. Metabolism 3. Exercise 4. Phenylephrine 5. Cognitive 6. Autophagy 7. Stigma 8. Chronic 9. Push-ups 10. Authorities

Gap-Fill: 11. diagnoses 12. fasting 13. support 14. nutrients 15. moderation 16. version 17. research 18. performance 19. existence 20. extinction

Matching sentence: 1. Intermittent 2. Sensitivity 3. Health 4. Performance 5. Push-ups 6. Problems 7. Diagnosis 8. Support 9. Research 10. Exercise

CATEGORY

1. Health - LEVEL2



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