

INFORMATION FOR THE CONSUMER

APO-CETIRIZINE

Cetirizine Hydrochloride Tablets 5 mg and 10 mg Histamine H₁-Receptor Antagonist

Apo-Cetirizine tablets offer you fast and long-lasting relief of itchy, watery eyes, sneezing and runny nose caused by seasonal and year-round allergies (ragweed, pollen, dust, pets, mould). Apo-Cetirizine also relieves allergic skin reactions such as hives.

Apo-Cetirizine is long-lasting. Apo-Cetirizine tablets provide 24-hour relief from seasonal allergies like hay fever/ragweed and perennial allergies (year round/indoor) to pets and dust, as well as hives (urticaria).

Apo-Cetirizine lets you perform normally.

What causes an allergy?

Your allergy symptoms are simply your body's over reaction in trying to protect you from allergens such as dust, ragweed, grass and tree pollen, animal dander or mold. Your body rushes a substance called *histamine* to areas where allergens are detected, causing itchy, watery eyes, sneezing and runny nose. Apo-Cetirizine helps relieve your allergy symptoms by blocking your receptor sites before histamine binds there.

What other things can I do for my allergy?

Keep pollens out. Keep windows closed. Use an air conditioner.

Stay informed about pollen seasons and levels in your region.

Plan outdoor activities. Stay inside on warm and windy days. Most plants pollinate in the morning. Stay indoors until later.

Stay away from big pollen producers like birch, ash maple, poplar, oak and walnut trees.

Hire someone to cut your grass.

Remove pets, if possible.

Keep a dust-free home. Remove carpets, keep furnace ducts clean and vacuum often.

Control dust mites. Encase your mattress in a proper dust mite barrier and wash bedding often in very hot water.

Stay away from those foods, medications, insects, or even dyes and plants, that may cause itchy, irritating rashes called *hives* (urticaria).

Directions

Adults and children over 12 years of age	One or two Regular Strength (5 mg) tablets or one Extra Strength (10 mg) tablet every 24 hours.
Adults 65 years and over	One Regular Strength (5 mg) tablet or half of an Extra Strength (10 mg) tablet every 24 hours. Consult a physician if unsure about the dosage.

- Do not exceed recommended dosage.
- Prolonged use only as directed by a physician.

Precautions

This product should not be taken by anyone who is pregnant or nursing a baby, or by anyone with liver or kidney disease, unless advised by a physician.

Exercise due caution when driving or operating a vehicle or potentially dangerous machinery.

Keep this and all medications out of the reach of children.

Store at room temperature 15-30°C (59-86°F). Protect from moisture.

Product monograph available to physicians and pharmacists upon request.

Non-medicinal ingredients

Lactose, microcrystalline cellulose, corn starch, magnesium stearate, hydroxypropyl methycellulose, polydextrose, polyethylene glycol and titanium dioxide.



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