

# Dangerous Drug Ingredient Phenylpropanolamine (PPA)

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It's about a medication that is familiar to many of us. Note also the FDA 's comments at the end of the message. I received this information from a friend whose mother recently passed away. Apparently, this was caused by a medication that is deadly. Here are the details and I suggest you pass it on to your loved ones and others.

## Phenylpropanolamine (PPA)

I would like to thank those of you who expressed condolences on the recent passing of my mother. She suffered a hemorrhagic stroke while she was driving home from my house on 7/30 and passed away on 8/3. My mother's stroke and passing was an enormous shock to my family because she did not have any symptoms or risk factors for a stroke. Just the week before she had gone to her doctor for a check up and received a clean bill of health.

She did, however, develop a cold while she was visiting me and had taken Alka Seltzer Cold Plus for 3 days. Since her passing, we have learned that Alka Seltzer is one of the many cold medicines that contains Phenylpropanolamine (PPA) which can cause hemorrhagic strokes or cerebral bleeding even with the first use.

I am forwarding a list of other medications that currently use PPA. These medicines are supposedly being recalled but my mother just purchased this medication less than two weeks ago.

Pharmaceutical companies have known about this danger for years, we unfortunately, did not.

I urge you to review the list of medicines with PPA and avoid these medications. All drugs containing PHENYLPROPANOLAMINE are dangerous.

You may want to try calling the 800 number listed on most drug boxes and inquire about a REFUND.

Please read this CAREFULLY. Also, please pass this on to everyone you know. STOP TAKING anything containing this ingredient. It has been linked to increased hemorrhagic stroke (bleeding in brain)

among women ages 18-49 in the three days after starting use of medication. Problems were not found in men, but the FDA recommended that everyone (even children) seek alternative medicine.

The following medications contain Phenylpropanolamine:

Acutrim Diet Gum Appetite Suppressant

Acutrim Plus Dietary Supplements

Acutrim Maximum Strength Appetite Control

Alka-Seltzer Plus Children's Cold Medicine Effervescent

Alka-Seltzer Plus Cold medicine (cherry or orange)

Alka-Seltzer Plus Cold Medicine Original

Alka-Seltzer Plus Cold & Cough Medicine Effervescent

Alka-Seltzer Plus Cold & Flu Medicine

Alka-Seltzer Plus Cold & Sinus Effervescent

Alka Seltzer Plus Night-Time Cold Medicine

BC Allergy Sinus Cold Powder

BC Sinus Cold Powder

Comtrex Flu Therapy & Fever Relief

Day & Night Contac 12-Hour Cold Capsules

Contac 12 Hour Caplets

Coricidin D Cold, Flu & Sinus

Dexatrim Caffeine Free

Dexatrim Extended Duration

Dexatrim Gelcaps

Dexatrim Vitamin C/Caffeine Free

Dimetapp Cold & Allergy Chewable Tablets

Dimetapp Cold & Cough Liqui-Gels

Dimetapp DM Cold & Cough Elixir

Dimetapp Elixir

Dimetapp 4 Hour Liquid Gels

Dimetapp 4 Hour Tablets

Dimetapp 12 Hour Extentabs Tablets

Naldecon DX Pediatric Drops

Permathene Mega-16

Robitussin CF

Tavist-D 12 Hour Relief of Sinus & Nasal  
Congestion

Triaminic DM Cough Relief

Triaminic Expectorant Chest & Head

Triaminic Syrup !! Cold & Allergy

Triaminic Triaminicol Cold & Cough

\*\* I just found out and called the 800# on the container for Triaminic and they informed me that they are voluntarily recalling the following medicines because of a 'certain ingredient' that is causing strokes and seizures in children:

Orange 3D Cold & Allergy Cherry (Pink)

3D Cold & Cough Berry

3D Cough Relief Yellow 3D Expectorant

\*\* They are asking you to call them at 800-548-3708 with the lot number on the box so they can send you postage for you to send it back to them, and they will also issue you a refund. If you know of anyone else with small children, PLEASE PASS THIS ON. THIS IS SERIOUS STUFF.

To confirm these findings please take time to check the following:

<http://www.fda.gov/cder/drug/infopage/ppa>

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