Surprising Side-Effects Of Over-The-Counter Medicines

Categories : General, Health/Fitness

I think many of us assume over the counter medicines are safe and have no side effects... Guess what - all medicines can have side effects! Not only that but you should also be careful combining over the counter medicines with prescription medicines. I have recently been put on a long term prescription medicine and I really need to get it into my head that I need to check it is safe to take certain over the counter medicines now.

Anyway so you’re not on any prescription medicines so why should you care about the side effects of over the counter medicines? Well if you take one or two regularly, has it ever occurred that they might be causing some of the symptoms you are experiencing? Some of the symptoms of these common medicines include - insomnia, headaches, upset stomach and fatigue. Check out the list of medicines and side effects below.

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(Photo from: Survival Doctor)