

Facts & FAQs

Arming yourself with important and accurate information is the first key step in fighting your worst cold, cough, flu, sinus and allergy symptoms with the right product. Look below to find out all you need to know, and more.

- PREVENTATIVE TIPS
- WHY ALKA-SELTZER PLUS?
- FAQS

Preventative Tips [11 items](#)



EXERCISE REGULARLY; BE SURE TO DISINFECT WEIGHTS AND GYM EQUIPMENT BEFORE USE

AVOID CONTACT WITH PEOPLE WHO HAVE A COLD OR FLU

DISINFECT YOUR BATHROOM & KITCHEN WITH DISPOSABLE PAPER TOWELS

Why Alka-Seltzer Plus? [1 item](#)

ALKA-SELTZER PLUS OFFERS **4 FORMS** TO FIT YOUR PREFERENCE:
 Effervescent Mix-in powders
 Liquid gels and Liquids

SINCE **1931**, Alka-Seltzer products have helped hard-working, caring people get relief from their toughest symptoms.

PEOPLE AROUND THE WORLD choose Alka-Seltzer Plus to keep them going strong, even with a cold.

COLD SYMPTOMS can last for as long as **14 DAYS.**

THERE ARE MORE THAN **200 VIRUSES** THAT CAUSE COLDS.

AN ESTIMATED **50,000,000** AMERICANS SUFFER FROM ALLERGIES.

- ALL FAQS
- GENERAL
- FORMULATION
- DOSAGE & USAGE
- COLD & FLU
- MUCUS & COUGH
- SINUS & ALLERGY

FORMULATION [Back to top](#)

Q: Does Alka-Seltzer Plus® contain Phenylpropanolamine Bitartrate (PPA)?
A: No. This ingredient was removed from Alka-Seltzer Plus® formulations in 2000.

Q: Does Alka-Seltzer Plus® contain Pseudoephedrine (PSE)?
A: Most of our products contain the nasal decongestant Phenylephrine Hydrochloride. Alka-Seltzer Plus-D is our only product that contains pseudoephedrine and can be found behind the pharmacy counter.

Q: Which Alka-Seltzer Plus® formulas contain aspirin?
A: The following effervescent formulas contain aspirin:
 • Alka-Seltzer Plus® Cold Sparkling Original
 • Alka-Seltzer Plus® Cold Orange Zest
 • Alka-Seltzer Plus® Cold Cherry Burst
 • Alka-Seltzer Plus® Nights Cold Formula
 • Alka-Seltzer Plus® Cold & Cough Formula
 • Alka-Seltzer Plus® Day & Night Cold Formula

Q: Does Alka-Seltzer Plus® contain gluten?
A: We don't add gluten to our products. However, we can't guarantee they are 100% gluten free since our products are produced in a facility that manufactures and packages items that may contain gluten.

Q: What's the purpose of the different ingredients in Alka-Seltzer Plus®?
A: This chart provides an easy reference to active ingredients in Alka-Seltzer Plus®.

DRUG	PURPOSE
Acetaminophen	Pain Reliever/Fever Reducer
Aspirin	Pain Reliever/Fever Reducer
Chlorpheniramine Maleate	Antihistamine
Doxylamine Succinate	Antihistamine
Diphenhydramine Hydrochloride	Antihistamine/Cough Suppressant
Phenylephrine Bitartrate	Nasal decongestant
Phenylephrine Hydrochloride	Nasal decongestant
pseudoephedrine	Nasal decongestant
Dextromethorphan Hydrobromide	Cough Suppressant
Guaifenesin	Expectorant

Q: Do the Alka-Seltzer Plus® Effervescent tablets and Liquid Gels contain the same ingredients?
A: Not necessarily. Please be sure to read all labels carefully and follow directions as stated.



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 Get \$1 off Alka-Seltzer Heartburn-RollerChewy™ at Alka-Seltzer.com.
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