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Medication

Decongestion

Contrary to popular belief, Phenylephrine which is in most cold medicines, does not work any better than placebos.

See: https://en.wikipedia.org/wiki/Phenylephrine

However, what actually works is Pseudoephedrine: See: https://en.wikipedia.org/wiki/Pseudoephedrine

Cough

For coughs, the following works: https://en.wikipedia.org/wiki/Acetylcysteine

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