

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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