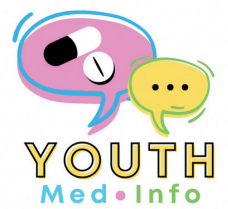




Promethazine



Lowers histamine activity and helps with sleep problems, allergies, motion sickness, feeling or getting sick and feeling very agitated and distressed

Starts working after 20 minutes and lasts for up to 12 hours

Common side-effects are headache, feeling dizzy, dry mouth, feeling tired, blurred vision, constipation and unusual dreams

Talk to your doctor if you want to stop it

Take it at night or 20 minutes before needed and keep taking for a few weeks or as long as you need it