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# OVER THE COUNTER DRUGS

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Submitted By: Virgil

Just wanted to share some research I've been doing on Dextromethorphan or shortened to DXM.

We have been having an issue at the Savanna store with a 15 to 16-year-old coming in and buying Coricidin daily or twice a day. Once that was sold out they purchased the Best Choice version.

If you remember 10 years ago or better, we had to put many drugs behind the counter and have them signed for because they contained Acetaminophen. The drug manufacturer dumbed down the drugs with other active ingredients so they could be kept out on the shelf.

So, the new active ingredient in over 100 OTC medicines and store brand meds now contain Dextromethorphan/DXM.

We are not bound by law in Illinois to keep these off the shelf or in a secure area. Many of us have put meds containing DXM behind our service counter mainly because they are a high theft item.

The culprit in this case was after the Coricidin which we kept behind the counter.

State law says a person under 18 cannot have drugs containing DXM WITH THE EXCEPTION of drug products sold in solid, tablet, liquid, capsule, powder, thin film, or gel form and which is formulated, packaged, and sold in dosages and concentrations for use as an over the counter drug product. This is in 100 or more popular drug items...many of which you carry on yourself. (Last link below has several of them named.)

With that being said, I would hope any high theft items would be behind your service counter with a picture of the product and a note on the shelf saying available behind the service counter.

In the case of Savanna we implemented our own guidelines and said you must be 18 and show an I.D. If we have frequent purchasers over 18 we will then make them sign a log book for each purchase and if continues will notify the police.

In many smaller towns such as Winnebago the officers will visit our stores to see if we have a problem and alert us if the other business's in town are having high thefts of certain OTC meds.

Bottom line if you have young folks purchasing products containing DXM at an alarming rate you DO have the authority to not sell to them.

Please review with you GM managers and frontend manager's and if you need to implement some rules make sure all service counter cashiers and shift managers are on the same page.

Needless to say these kids came back later that evening and tried to purchase Coricidin Cough and Cold, or as they call it Triple C's, but were told they needed an ID.

The kids said they didn't think it was the law and then were told if they didn't like we would contact the police and let them know about the heavy buying habits.

We won't have problems with them again but worry about them getting their older friends to purchase...thus the log book to sign.

ID is checked and the person's name is written down by the cashier and then they sign.

If they're abusing they won't want to sign and will take their business elsewhere.

I know this is a long memo but like I say legally these are shelf items and we must monitor them to the best of our ability.

Thanks for time and help on this important matter.

Several links below if you want to research further.

- [https://en.wikipedia.org/wiki/Recreational\\_use\\_of\\_dextromethorphan](https://en.wikipedia.org/wiki/Recreational_use_of_dextromethorphan)

- <https://www.quora.com/How-old-do-you-have-to-be-to-buy-DXM-cough-syrup>
- [https://erowid.org/chemicals/dxm/dxm\\_law.shtml](https://erowid.org/chemicals/dxm/dxm_law.shtml)
- <http://www.namsdl.org/library/51BFBA56-9FC0-D33B-03ACC2A10E12155C/>
- <https://stopmedicineabuse.org/what-is-dxm/>

**Virgil Wersinger** | *General Manager / Sullivan's Foods*