

Good Sam Health Services

Over the Counter Wish List – generic names are in parentheses and are welcome! These are our most commonly used products. We may have other needs so please feel free to ask.

Aspirin 81 mg (low dose) [We CANNOT use 325 mg]

Pain Relievers-

Tylenol (acetaminophen) 500 mg

Advil (ibuprofen) 200 mg

Aleve (naproxen) 220 mg

Antihistamines-

Zyrtec (cetirizine) 5 mg and 10 mg

Claritin (loratadine) 10 mg

Adult vitamins for men or women

Pill cutters

Artificial tears – plain (no antihistamines or decongestant ingredients please)

Stomach medications-

Pepcid (famotidine)

Prilosec (omeprazole)

Pepto Bismol

Supplements-

Fish oil

Magnesium

Iron (ferrous sulfate or ferrous gluconate)

Melatonin

Vitamin C 500 mg

Vitamin D 1000 or 2000 IU

Hygiene products- small or medium bottles preferred

Shampoo

Mouthwash

Soap – bars preferred

Body lotion

Depends undergarments

Women's menstrual pads and tampons

Diabetes Testing Supplies- We ONLY use Relion products which can be found at Walmart

Relion Premiere meters and test strips

Relion Prime test strips (50 or 100 count boxes preferred)

Relion lancing devices

Relion lancets