



Public Health and Toxicology

Supplementary file

© 2026 Kumar S. et al.

DOI:

10.18332/pht/225417

The content has been provided by the author(s) and has not been reviewed, verified, or endorsed by European Publishing. It may not have undergone peer review. The views, opinions, and recommendations expressed are solely those of the author(s) and do not necessarily reflect the position of European Publishing. European Publishing accepts no responsibility or liability for any consequences arising from the use of, or reliance on, this content.

METHODOLOGY

Following subclasses will also serve as (exposure) search terms if yield with above terms is poor.

Supplementary Table 1: Exposure/Intervention – advanced search keywords

Over-The-Counter Drug Class	Drug name (used as keyword)
<i>Analgesics & Antipyretics</i>	Paracetamol, Ibuprofen, Aspirin, Naproxen, Diclofenac
<i>Anti-diarrheals</i>	Loperamide, Bismuth subsalicylate
<i>Antacids & Indigestion remedies</i>	Magnesium hydroxide, Aluminum hydroxide, Pantoprazole, Omeprazole, Lansoprazole, Rabeprazole, Ranitidine, Famotidine
<i>Antiemetics</i>	Metoclopramide, Domperidone, Dimenhydrinate, Meclizine
<i>Laxatives</i>	Lactulose, Bisacodyl
<i>Anti-allergics</i>	Cetirizine, Fexofenadine, Loratadine, Diphenhydramine, Promethazine
<i>Cough and cold remedies</i>	Dextromethorphan, Codeine**, Oxymetazoline, Xylometazoline, Pseudoephedrine
<i>Vitamins & minerals</i>	Vitamin A, Vitamin B complex, Vitamin C, Vitamin D, Zinc, Calcium carbonate, Iron sulphate
<i>Topical steroids</i>	Triamcinolone acetonide, Fluticasone, Hydrocortisone
<i>Hormonal contraceptives</i>	Ethinyl estradiol, Levonorgestrel, Desogestrel, Norethindrone
<i>Antiseptics & disinfectants</i>	Chlorhexidine, Povidone iodine
<i>Topical antifungals</i>	Clotrimazole, Ketoconazole
<i>Topical antibiotics</i>	Mupirocin, Bacitracin, Fucidic Acid, Polymyxin, Neomycin
<i>Skincare products</i>	Benzoyl peroxide, calamine lotion
<i>Piles and warts remedies</i>	Zinc sulphate, Pramoxine, Salicylic acid
<i>Ophthalmic products</i>	Sodium cromoglycate, Hydroxyethylcellulose

** available as an over-the-counter drug in some countries.

RESULTS

Supplementary Table 2: Over-The-Counter Drug Class-wise selection of studies

Over-The-Counter Drug Class	No. of studies identified	Number of studies selected
Analgesics and Antipyretics	324	17
Antidiarrheals	2	0
Antacids and Indigestion Remedies	24	02
Antiemetics	27	01
Laxatives	1	0
Anti-allergics	11	05
Cough and Cold Remedies	17	02
Vitamins and Minerals	95	01
Topical Steroids	0	0
Hormonal Contraceptives	79	57
Antiseptics and Disinfectants	409	07
Topical Antifungals	112	13
Topical Antimicrobials	8	02
Skincare products	0	0
Piles and Warts remedies	0	09
Ophthalmic Products	12	0
Total studies included in the review	1121	116

Supplementary Table 3: Country-wise distribution of studies

Country	Overall	Analgesics	Antacids	Antiemetics	Antiallergics	Cough & Cold remedies	Vitamins & Minerals	Hormonal Contraceptives	Antiseptics	Topical Antifungals	Topical Antimicrobials	Piles and Wart Remedies
USA	23	0	0	0	1	0	0	19	3	0	0	0
Portugal	18	4	0	0	2	0	0	5	0	2	0	5
China	14	3	0	0	1	0	0	7	0	2	1	0
Sweden	6	0	0	0	0	0	0	4	0	2	0	0
Italy	5	1	1	0	1	0	0	1	0	0	0	1
South Korea	5	1	0	0	0	0	1	0	1	0	1	1
UK	5	1	0	0	0	1	0	2	0	1	0	0
Spain	4	1	1	0	0	0	0	2	0	0	0	0
Germany	4	0	0	0	0	0	0	4	0	0	0	0
Poland	4	2	0	0	0	0	0	1	1	0	0	0
Brazil	3	0	0	0	0	0	0	2	0	1	0	0
Iran	3	0	0	0	0	0	0	0	2	0	0	1
France	2	1	0	0	0	0	0	1	0	0	0	0
Australia	2	0	0	0	0	1	0	1	0	0	0	0
Canada	2	0	0	0	0	0	0	2	0	0	0	0
Czech Republic	2	0	0	0	0	0	0	0	0	2	0	0
India	2	1	0	0	0	0	0	1	0	0	0	0
Mexico	2	2	0	0	0	0	0	0	0	0	0	0
South Africa	2	0	0	0	0	0	0	0	0	1	0	1
Switzerland	1	0	0	0	0	0	0	1	0	0	0	0
Finland	1	0	0	0	0	0	0	1	0	0	0	0
Japan	1	0	0	0	0	0	0	0	0	1	0	0
Nigeria	1	0	0	0	0	0	0	0	0	1	0	0
Norway	1	0	0	0	0	0	0	1	0	0	0	0
Singapore	1	0	0	1	0	0	0	0	0	0	0	0
Taiwan	1	0	0	0	0	0	0	1	0	0	0	0
Tunisia	1	0	0	0	0	0	0	1	0	0	0	0