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DIPHENHYDRAMINE (BENADRYL, ETC) DOSAGES

Weight	Liquid 12.5mg/1tsp	Liquid 12.5mg/5ml	Chewables 12.5mg	Tablets 25mg	Capsules 25mg
20-24 lbs	$\frac{3}{4}$ tsp	4 ml	-	-	-
25-37 lbs	1 tsp	5 ml	1 tab	$\frac{1}{2}$ tab	-
38-49 lbs	$1 \frac{1}{2}$ tsp	$7 \frac{1}{2}$ ml	$1 \frac{1}{2}$ tab	$\frac{1}{2}$ tab	-
50-99 lbs	2 tsp	10 ml	2 tab	1 tab	1 cap
100+ lbs	-	-	4 tab	2 tab	2 cap

*****AGE LIMITS:** For **allergies**, don't use under 1 year of age (Reason: it's a sedative). For **colds** not recommended at any age (Reason: no proven benefits) and should be avoided if under 4 years old. Avoid multi-ingredient products in children under 6 years of age (Reason: FDA recommendations 10/2008).

***Syringes and droppers are **MORE** accurate than teaspoons. If possible, use the syringe or dropper that comes with the medication.

*****FREQUENCY:** Repeat every 6 hours as needed.