HAVING EVER TAKEN AN OVER-THE-COUNTER DECONGESTANT… AND FELT LIKE IT DIDN'T HELP?
ACCORDING TO THE F-D-A … YOUR INSTINCTS MAY BE RIGHT.

THE F-D-A SAYS A COMMON DECONGESTANT, CALLED PHENYLEPHRINE, IS NOT EFFECTIVE WHEN TAKEN IN PILL OR LIQUID FORM TO TREAT NASAL CONGESTION.
INTERNAL MEDICINE DOCTOR CAROL NWELUE (UH-WAY-LUH-WAY) SAYS THE F-D-A FOUND THE MEDICATION IS SAFE … BUT NOT ENOUGH OF THE DRUG CIRCULATES THROUGHOUT YOUR SYSTEM TO BE EFFECTIVE.
HOWEVER … SHE SAYS THERE ARE OTHER USEFUL OVER-THE-COUNTER TREATMENTS.

So, there are other over-the-counter medications that can help with nasal congestion, like a nasal saline spray, saline washes—your doctor may prescribe even nasal steroids or oral decongestants. Phenylephrine does work in the nasal spray version, not the pill though.

THERE ARE OTHER ORAL DECONGESTANTS AVAILABLE WITHOUT A PRESCRIPTION … BUT YOU'LL NEED TO SHOW IDENTIFICATION AND PURCHASE THEM FROM A PHARMACIST.
THOSE CHANGES HAPPENED IN 2006 TO PREVENT PEOPLE USING THE MEDICATIONS TO MAKE METHAMPHETAMINE.