UPDATES

Health notices · Tuesday 25 August

3 notices from the agencies today, in plain words, each with the original linked.

Exotique Foods recalls veggie chips due to undeclared gluten

CDC · Food safety

If you have an allergy or severe sensitivity to gluten, this recall may affect you.

The recalled chips may contain undeclared gluten, which could trigger a serious or even life-threatening allergic reaction if you eat them.

The recall was published on 2026-08-14 for products from Exotique Foods Inc in Ontario, Canada.

Read the original notice

Rohto Cooling Eye Drops Digi Eye recalled for sterility concerns

FDA · Recall

If you used Rohto Cooling Eye Drops Digi Eye, the US Food and Drug Administration says the product is being recalled because there is not assurance it is sterile.

"Sterile" means free of germs that could cause infection.

This recall was distributed nationwide within the United States; it was made in Vietnam and distributed by The Mentholatum Company.

Check your home for this product and follow the recall instructions given by the company or the notice source.

Read the original notice

Short-term nasal decongestant use: higher risk if overused

MHRA · Safety

If you use nasal decongestant sprays or drops containing xylometazoline or oxymetazoline, the MHRA says overuse can lead to rebound congestion-worsening blockage when the effect wears off.

Using them longer than recommended can also cause rhinitis medicamentosa (more persistent nose-lining changes) and tachyphylaxis (the medicine starts working less well). This risk is linked to continued or repeated use.

To protect yourself, follow the instructions on the Patient Information Leaflet and package labelling. Get medical advice if your symptoms persist, worsen, or do not improve after 5 days, as you may need a different treatment.

What to do

Read the original notice

- Do not exceed the daily recommended dose and follow the minimum time interval between doses.
- Do not use these medicines for more than 5 consecutive days.
- Contact your doctor if your symptoms worsen or you do not feel better after 5 days.
- Do not use xylometazoline or oxymetazoline together or with other oral and nasal blocked-nose decongestants (such as pseudoephedrine, phenylephrine or ephedrine).
- Report suspected side effects on Yellow Card: https://yellowcard.mhra.gov.uk/

Where this comes from

- Exotique Foods recalls veggie chips due to undeclared gluten

  CDC - food safety · https://tools.cdc.gov/podcasts/download.asp?m=316422&c=766278
- Rohto Cooling Eye Drops Digi Eye recalled for sterility concerns

  US Food and Drug Administration - enforcement report · https://www.fda.gov/drugs/drug-safety-and-availability/drug-recalls
- Short-term nasal decongestant use: higher risk if overused

  mhra · https://www.gov.uk/drug-safety-update/nasal-decongestant-sprays-and-drops-containing-xylometazoline-hydrochloride-s