

# OTC pain relievers dosage chart for adults and children 12 years and older

Acetaminophen	AMOUNT	DOSE & FREQUENCY	DAILY LIMIT
Acetaminophen regular strength <i>for example</i> Tylenol® Regular Strength	325 mg per pill	2 pills every 4 to 6 hours while symptoms last	Do not take more than 10 pills in 24 hours, unless directed by a doctor
Acetaminophen extra strength <i>for example</i> Tylenol® Extra Strength	500 mg per pill	2 pills every 6 hours while symptoms last	Do not take more than 6 pills in 24 hours, unless directed by a doctor
Acetaminophen extended release <i>for example</i> Tylenol® 8HR Arthritis Pain	650 mg per pill	2 pills every 8 hours	Do not take more than 6 pills in 24 hours

Acetaminophen dosage daily limit is  
**4,000 mg**  
For your safety, do not take more than  
this amount in 24 hours

NSAIDs <small>nonsteroidal anti-inflammatory drugs</small>	AMOUNT	DOSE & FREQUENCY	DAILY LIMIT
Ibuprofen <i>for example</i> Motrin® IB and Advil®	200 mg per pill	1 pill every 4 to 6 hours while symptoms last (if pain or fever does not respond to 1 pill, 2 pills may be used)	Do not take more than 6 pills in 24 hours, unless directed by a doctor

Ibuprofen dosage daily limit is  
**1,200 mg**  
For your safety, do not take more than  
this amount in 24 hours

Naproxen sodium <i>for example</i> Aleve®	220 mg per pill	1 pill every 8 to 12 hours while symptoms last (for the first dose, you may take 2 pills within the first hour)	Do not take more than 2 pills in any 8 to 12 hour period. Do not take more than 3 pills in 24 hours
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Naproxen sodium dosage daily limit is  
**660 mg**  
For your safety, do not take more  
than this amount in 24 hours

Aspirin regular strength <i>for example</i> Bayer® Regular Strength	325 mg per pill	1 or 2 pills every 4 hours, or 3 pills every 6 hours	Do not take more than 12 pills in 24 hours
Aspirin extra strength <i>for example</i> Bayer® Extra Strength	500 mg per pill	1 or 2 pills every 4 to 6 hours	Do not take more than 8 pills in 24 hours

Aspirin dosage daily limit is  
**4,000 mg**  
For your safety, do not take more than  
this amount in 24 hours


## What you can do

- Take **ONLY 1** medicine that contains the **same kind of active ingredient** (acetaminophen or NSAID) at a time
- **Do not exceed the dose** on the label directions
- For NSAIDs, take the **smallest effective dose**—and take it for the **shortest amount of time** needed

## Why?

- If you take more than 1 medicine with the same kind of active ingredient at a time, it can increase your chance of harmful side effects
- Taking more than directed does NOT equal faster relief. It can also lead to harmful side effects

It is important to **always read and follow the label**. If you have any questions, ask your healthcare professional which product may be right for you.

 Find dosage charts, quizzes, and videos at [GetReliefResponsibly.com](https://www.getreliefresponsibly.com)

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# Check your medicines

Take **ONLY 1** medicine that contains **acetaminophen** at a time

## Why?

- If you take more than 1 medicine that contains acetaminophen at a time, it increases your chance of taking too much (more than 4,000 mg in 24 hours), and that could harm your liver

Take **ONLY 1** medicine that contains an **NSAID\*** at a time

## Why?

- If you take more than 1 medicine that contains an NSAID, it increases the risk of stomach bleeding
- If you take aspirin to help protect against heart attack or stroke, taking ibuprofen may decrease that heart health benefit
- Non-aspirin NSAIDs (for example, ibuprofen or naproxen sodium) increase the risk of heart attack, heart failure, and stroke. This risk is higher if you use more than directed or longer than directed.

**Over-the-counter (OTC)** medicine brands with products that contain **acetaminophen**

- Tylenol®
- NyQuil®/DayQuil®
- Excedrin®
- Alka-Seltzer Plus®
- Mucinex®
- Robitussin®
- Goody's®

**Over-the-counter (OTC)** medicine brands with products that contain an **NSAID** (ibuprofen, naproxen sodium, or aspirin)

- Advil®
- Aleve®
- Bayer®
- Motrin®
- Excedrin®
- Alka-Seltzer Plus®
- Goody's®

\*Nonsteroidal anti-inflammatory drug

Many **prescription** medicines contain **acetaminophen**, such as

- Vicodin®, Norco®, Lortab® (Hydrocodone)
- Percocet®, Endocet®, Roxicet® (Oxycodone)
- Tylenol® with Codeine
- Fioricet® (Butalbital)
- Ultracet® (Tramadol)

Many **prescription** medicines contain an **NSAID**, such as

- Vicoprofen® (Hydrocodone)
- Combunox® (Oxycodone)
- Mobic® (Meloxicam)
- Naprosyn® (Naproxen)
- Anaprox® (Naproxen sodium)
- Celebrex® (Celecoxib)

This is not a complete list of OTC and prescription brands with products that contain acetaminophen or an NSAID.

Check your medicine label. If you are unsure, ask your healthcare professional.



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