### OTC pain relievers dosing directions for adults and children 12 years and older

<table>
<thead>
<tr>
<th>Acetaminophen</th>
<th>AMOUNT</th>
<th>DOSE &amp; FREQUENCY</th>
<th>DAILY LIMIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acetaminophen regular strength (TYLENOL® Regular Strength)</td>
<td>325 mg per pill</td>
<td>2 pills every 4 to 6 hours while symptoms last</td>
<td>Do not take more than 10 pills in 24 hours, unless directed by a doctor</td>
</tr>
<tr>
<td>Acetaminophen extra strength (TYLENOL® Extra Strength)</td>
<td>500 mg per pill</td>
<td>2 pills every 6 hours while symptoms last</td>
<td>Do not take more than 6 pills in 24 hours, unless directed by a doctor</td>
</tr>
<tr>
<td>Acetaminophen extended release (TYLENOL® 8HR Arthritis Pain)</td>
<td>650 mg per pill</td>
<td>2 pills every 8 hours</td>
<td>Do not take more than 6 pills in 24 hours</td>
</tr>
</tbody>
</table>

**NSAIDs** nonsteroidal anti-inflammatory drugs

| Ibuprofen (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 |

**Naproxen sodium (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 |

**Aspirin low dose (Bayer® Low Dose)**

| 81 mg per pill | 4 or 8 pills every 4 hours | Do not take more than 48 pills in 24 hours |

**Aspirin regular strength (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 (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 |

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

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

The daily limit of **naproxen sodium** is 660 mg
For your safety, do not take more than this amount in 24 hours

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

**What you can do**
- If provided, use only the dosing device that comes with your medicine
- Take ONLY 1 medicine that contains the same kind of active ingredient at a time

**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

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 tips, quizzes, and videos at [GetReliefResponsibly.com](http://GetReliefResponsibly.com)
Check your medicines

Take ONLY 1 medicine that contains acetaminophen at a time

Why?
- If you take more than 1 medicine that contains acetaminophen, it increases your chance of taking too much, and that could harm your liver.

Over-the-counter (OTC) medicine brands with products that contain acetaminophen
- Tylenol®
- NyQuil®/DayQuil®
- Excedrin®
- Alka-Seltzer Plus®
- Mucinex®
- Robitussin®
- Goody's®

More than 500 medicines contain acetaminophen

Many prescription medicines contain acetaminophen, such as
- Vicodin®, Norco®, Lortab® (Hydrocodone)
- Percocet®, Endocet®, Roxicet (Oxycodone)
- Tylenol® with Codeine
- Fioricet® (Butalbital)
- Ultracet® (Tramadol)

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 your chance of stomach bleeding.
- If you take aspirin for heart attack or stroke, ibuprofen may decrease that heart health benefit.

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®

More than 900 medicines contain an NSAID

Many prescription medicines contain an NSAID, such as
- Vicoprofen® (Hydrocodone)
- Combunox® (Oxycodone)
- Mobic® (Meloxicam)
- Naprosyn®, Anaprox® (Naproxen)
- Voltaren® (Diclofenac)
- Celebrex® (Celecoxib)

This is not a complete list.
Check your medicine label to see if the product contains acetaminophen or an NSAID.
If you are unsure, ask your healthcare professional.

Find tips, quizzes, and videos at GetReliefResponsibly.com

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