

OTC pain relievers dosing directions 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

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

NSAIDs nonsteroidal anti-inflammatory drugs	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

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

Aspirin low dose <i>for example</i> 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 <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

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](https://www.getreliefresponsibly.com)

Get Relief Responsibly®

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

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)

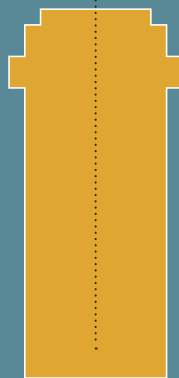
- Advil®
- Aleve®
- Bayer®
- Motrin®
- Excedrin®
- Alka-Seltzer Plus®
- Goody's®

MORE THAN
900
medicines contain
an NSAID

*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®, 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](https://www.getreliefresponsibly.com)

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