Before Buying Acetaminophen or an NSAID
Ask your doctor if it's safe to take if you:

**Acetaminophen**
- Have liver disease
- Take certain medicines (like the blood thinner warfarin)
- Drink 3 or more alcoholic beverages daily
- Are allergic to acetaminophen

**NSAIDs**
- Have history of stomach problems (heartburn, ulcers, bleeding)
- Have kidney or liver disease
- Have heart disease or high blood pressure
- Have asthma
- Take certain medicines (like blood thinners, aspirin, diuretics, steroids)
- Drink 3 or more alcoholic beverages daily
- Are 65 years or older
- Are in the third trimester of pregnancy

If you have any questions, talk to your health care professional.
Read the label carefully

**MAXIMUM DAILY DOSAGE**

- **Acetaminophen**
  4,000 mg
- **Aspirin**
  4,000 mg
- **Ibuprofen**
  1,200 mg
- **Naproxen Sodium**
  600 mg

**Dosages of OTC Products Vary**

Two products with the same active ingredient can have different amounts of the ingredient.

The maximum number of pills per day and how often to take them can be different for products from the same brand.

**Taking more than the recommended dose will not alleviate pain faster.**

Know the **Risks**

- **ALL NSAIDS**
  May cause severe stomach bleeding.
- **ACETAMINOPHEN**
  Taking more than directed may result in severe liver damage.
- **IBUPROFEN AND NAPROXEN SODIUM**
  May increase the risk of heart attack or stroke.

Source: Food and Drug Administration

**Important Safety Tips**

1. Always read and follow the Drug Facts label.
2. Use the lowest effective dose or strength for the shortest time possible.
3. Talk to your doctor or pharmacist if you have questions about choosing the appropriate OTC pain medicine.

If you think you took more than the maximum daily dosage, call the Poison Control helpline at 800-222-1222 even if you don’t feel sick.