

OTC pain reliever dosing directions for adults and children 12 years and older

Acetaminophen	AMOUNT (active ingredient)	DOSE & FREQUENCY (Adult use only: 12 years and older)	DAILY LIMIT
Acetaminophen, Regular Strength <i>for example</i> TYLENOL® Regular Strength (Tablets) TYLENOL® Regular Strength Caplets	325 mg per pill	1 pill every 4 to 6 hours If pain or fever does not respond to 1 pill, take 2 pills at the next dose	Do not take more than 12 pills in 24 hours
Acetaminophen, Extra Strength <i>for example</i> TYLENOL® Extra Strength (Tablets) TYLENOL® Extra Strength Caplets	500 mg per pill	1 pill every 4 to 6 hours If pain or fever does not respond to 1 pill, take 2 pills at the next dose	Do not take more than 8 pills in 24 hours
Acetaminophen Extended Release <i>for example</i> TYLENOL® Arthritis Pain 8H TYLENOL® Muscle & Body	650 mg per pill	2 pills every 8 hours	Do not take more than 6 pills in 24 hours

The maximum daily limit of **acetaminophen** is **4,000 mg**
Do not take more than this amount in 24 hours

NSAIDs (Nonsteroidal Anti-inflammatory Drugs)	AMOUNT (active ingredient)	DOSE & FREQUENCY (Adult use only: 12 years and older)	DAILY LIMIT
TABLETS OR CAPLETS			
Ibuprofen 200 mg <i>for example</i> (Regular Strength) MOTRIN® 200 mg (Regular Strength) ADVIL® Tablets (Regular Strength) ADVIL® Caplets	200 mg per pill	1-2 pills every 4 to 6 hours	Do not take more than 6 pills in 24 hours
Ibuprofen 300 mg <i>for example</i> (Extra Strength) MOTRIN® 300 mg	300 mg per pill	1 pill every 4 to 6 hours	Do not take more than 4 pills in 24 hours
Ibuprofen 400 mg <i>for example</i> (Super Strength) MOTRIN® 400 mg ADVIL® Extra Strength Caplets ADVIL® Muscle and Joint	400 mg per pill	1 pill every 4 to 6 hours	Do not take more than 3 pills in 24 hours
Ibuprofen 600 mg Extended Release <i>for example</i> ADVIL® 12 Hour	600 mg per pill	1 pill every 12 hours IMPORTANT: Dosing for ADVIL® 12 Hour is for adults 18 years and over	Do not take more than 2 pills in 24 hours

The maximum daily limit of **ibuprofen** is **1,200 mg**
Do not take more than this amount in 24 hours

Naproxen Sodium 220 mg <i>for example</i> ALEVE® Caplets	220 mg per pill	1 pill every 8 to 12 hours Dosing for naproxen sodium is limited to adults and children 12-65 years of age only	Do not take more than 2 pills in 24 hours
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The maximum daily limit of **naproxen sodium** is **440 mg**
Do not take more than this amount in 24 hours

Acetylsalicylic Acid 325 mg <i>for example</i> (Regular Strength) ASPIRIN® Tablets 325 mg For relief of pain and fever only.	325 mg per pill	1-2 pills every 4 to 6 hours IMPORTANT: Dosing for ASPIRIN® products is for adults > or = 18 years of age	Do not take more than 12 pills in 24 hours
Acetylsalicylic Acid 500 mg <i>for example</i> (Extra Strength) ASPIRIN® Tablets 500 mg For relief of pain and fever only.	500 mg per pill	1-2 pills every 4 to 6 hours IMPORTANT: Dosing for ASPIRIN® products is for adults > or = 18 years of age	Do not take more than 8 pills in 24 hours

The maximum daily limit of **acetylsalicylic acid** is **4,000 mg**
Do not take more than this amount in 24 hours

What you can do

- Take **ONLY 1** medicine that contains the **same kind of medicinal ingredient** at a time

Why?

If you take more than 1 medicine with the same kind of medicinal ingredient at a time, it can increase your chance of harmful side effects

OTC pain reliever dosing directions for adults and children 12 years and older

NSAIDs (Nonsteroidal Anti-inflammatory Drugs)	AMOUNT (active ingredient)	DOSE & FREQUENCY (Adult use only: 12 years and older)	DAILY LIMIT
LIQUID GELS			
Ibuprofen 200 mg <i>for example</i> MOTRIN® Liquid Gels 200 mg (Regular Strength) ADVIL® LIQUI-GELS®	200 mg per liquid gel	1 liquid gel capsule every 4 hours or 2 every 6-8 hours	Do not take more than 6 liquid gels in 24 hours
Ibuprofen 400 mg <i>for example</i> MOTRIN® Liquid Gels 400 mg ADVIL® (Extra Strength) LIQUI-GELS® ADVIL® Arthritis Pain	400 mg per liquid gel	1 liquid gel capsule every 6-8 hours	Do not take more than 3 liquid gels in 24 hours

The maximum daily limit of **ibuprofen** is

1,200 mg

Do not take more than this amount in 24 hours

Naproxen Sodium 220 mg <i>for example</i> ALEVE® Liquid Gels	220 mg per pill	1 pill every 8 to 12 hours Dosing for naproxen sodium is limited to adults and children 12-65 years of age only	Do not take more than 2 pills in 24 hours
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The maximum daily limit of **naproxen sodium** is

440 mg

Do not take more than this amount in 24 hours

Combination Pain Relievers (Contain two pain relievers combined into one tablet)	AMOUNT (active ingredient)	DOSE & FREQUENCY (Adult use only: 18 years and older)	DAILY LIMIT
ADVIL® Plus Acetaminophen Ibuprofen 125 mg and Acetaminophen 250 mg Tablets	125 mg Ibuprofen + 250 mg Acetaminophen per tablet	2 tablets every 8 hours Dosing for ADVIL® Plus Acetaminophen is for adults 18 years and over	Do not take more than 6 tablets in 24 hours
COMBOGESIC® Acetaminophen 325 mg and Ibuprofen 97.5 mg Tablets	Acetaminophen 325 mg + Ibuprofen 97.5 mg per tablet	1 - 2 tablets every 6 hours Dosing for COMBOGESIC® is for adults 18 years and over	Do not take more than 12 tablets in 24 hours

Please consult product labelling or company websites for information regarding non-Johnson & Johnson manufactured products (e.g. Advil® (GSK/Haleon), Aleve®/Aspirin® (Bayer)), including the most up-to-date information regarding product dosing.

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

What you can do

- Take **ONLY 1** medicine that contains the same kind of medicinal ingredient at a time

Why?

If you take more than 1 medicine with the **same kind of medicinal ingredient**, it can increase your chance of harmful side effects

What you can do

- Take **ONLY 1** medicine that contains the **same kind of medicinal ingredient** at a time

Why?

If you take more than 1 medicine with the same kind of medicinal ingredient at a time, it can increase your chance of harmful side effects

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®**
- **Buckley's Complete®**
- **Robitussin®**
- **Vicks®**



This is not intended to be a complete list of brands containing acetaminophen or NSAIDs in Canada. If in doubt, please check with your healthcare provider.

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 daily low dose ASA (81-325 mg) for cardioprotection, ibuprofen may decrease that heart benefit

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

- **Advil®**
- **Aleve®**
- **Aspirin®**
- **MOTRIN®**
- **Voltaren®** (applied topically)



*nonsteroidal anti-inflammatory drug

IMPORTANT:

Many prescription medicines also contain **acetaminophen**

IMPORTANT:

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

- **Naprosyn®, Anaprox®** (Naproxen)
- **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.



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