

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	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	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 TYLENOL® Muscle Aches & Body Pain	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
Ibuprofen 200 mg <i>for example</i> MOTRIN® Regular Strength Advil® Regular Strength	200 mg per pill	MOTRIN® dosing: 1-2 pills every 4 to 6 hours Advil® dosing: 1 pill every 4 hours or 2 pills every 6 to 8 hours	Do not take more than 6 pills in 24 hours
Ibuprofen 300 mg <i>for example</i> MOTRIN® Extra Strength	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> MOTRIN® Super Strength Advil® Extra Strength	400 mg per pill	MOTRIN® dosing: 1 pill every 4 to 6 hours Advil® dosing: 1 pill every 6 to 8 hours	Do not take more than 3 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 <i>for example</i> Aleve® MOTRIMAX™ 12 HOUR	220 mg per pill (Aleve®) <small>(Both Aleve® and MOTRIMAX™ 12 HOUR contain an equivalent of 200 mg of naproxen per pill)</small>	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, Regular Strength <i>for example</i> Aspirin® Regular Strength For relief of pain and fever only*	325 mg per pill	1-2 pills every 4 to 6 hours Dosing for Aspirin® products is for adults > or = 18 years of age	Do not take more than 12 pills in 24 hours
Acetylsalicylic Acid, Extra Strength <i>for example</i> Aspirin® Extra Strength For relief of pain and fever only*	500 mg per pill	1-2 pills every 4 to 6 hours 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

* Usage is different if you think you are having a heart attack.

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.

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 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

- If provided, use only the dosing device that comes with your medicine
- 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

Find tips, quizzes, and videos at [GetReliefResponsibly.ca](https://www.getreliefresponsibly.ca)

Get Relief Responsibly®

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TYLENOL®, MOTRIN® and MOTRIMAX™ 12 Hour are brands marketed by McNeil Consumer Healthcare.

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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, it increases your chance of taking too much, 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 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 **acetaminophen**

- **TYLENOL**[®]
- **NyQuil**[®]/**DayQuil**[®]
- **Excedrin**[®]
- **Buckley's Complete**[®]
- **Robitussin**[®]
- **Vicks**[®]

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

- **Advil**[®]
- **Aleve**[®]
- **Aspirin**[®]
- **MOTRIN**[®]
- **MOTRIMAX™ 12 HOUR**
- **Voltaren**[®] (applied topically)

MORE THAN
450
medicines contain
acetaminophen

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.

MORE THAN
900
medicines contain
an **NSAID**

*nonsteroidal anti-inflammatory drug

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

- **Percocet**[®], **Endocet**[®] (Oxycodone)
- **TYLENOL**[®] **No. 2, 3 & 4** (Codeine)
- **Tramacet**[®] (Tramadol)

Many prescription medicines 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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