

Understand your OTC medicine labels

Drug Facts help you understand how to choose and use your medicines responsibly



Keep your cartons

Why?

- The **Drug Facts** label on over-the-counter (OTC) medicine cartons, or the pull-out label on some bottles, contains **complete warnings and product information**

Read and follow the entire Drug Facts label

Why?

- The Drug Facts label contains **more than directions**. It includes other important information that could matter to your health

What else 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

Drug Facts

Medicinal Ingredient(s)

Ingredient(s) that make the medicine work.

Uses

Describes the symptoms that the medicine relieves.

Cautions and/or Warnings

Side effects, when to ask a healthcare professional before taking the medicine, which other medicines not to take at the same time, and when to stop use.

Directions

Indicates the amount or dose of medicine to take, how often to take it, and how much you can take in one day.

Other Information

Important things to know, such as how to store the medicine.

Non-medicinal Ingredients

Ingredients not intended to relieve your symptoms (e.g. Colours, preservatives, flavourings).

Questions or comments?

A phone number to call the company if you have questions about the medicine.



Find tips, quizzes, and videos at
GetReliefResponsibly.ca

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