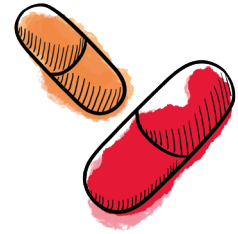


# Pain reliever basics for teens

Teens are gaining the skills to make decisions on their own. That includes learning how to understand a Drug Facts label and safely take over-the-counter (OTC) medicines.



Check the Drug Facts label every time you take medicine. Different pain relievers have different directions and warnings. Here are some key sections.

## Drug Facts

### Active ingredient

Ingredient that makes the medicine work

### Uses

Symptoms the medicine treats

### Warnings

Possible side effects, other medicines not to take at the same time, and when to stop use

### Directions

The amount (dose) of the medicine to take, how often to take it, and how much you can safely take in one day

The reason to use TYLENOL® or MOTRIN® is the same: They both relieve pain and reduce fevers.

The **active ingredient** in TYLENOL® and MOTRIN® is different.

**TYLENOL®** contains **acetaminophen**.

**MOTRIN®** contains **ibuprofen**.

- Ibuprofen is an **NSAID** (pronounced “EN-sed”), a **Nonsteroidal Anti-Inflammatory Drug**



The active ingredients acetaminophen and ibuprofen are in many medicines.

**Take ONLY 1 medicine that contains the same kind of active ingredient at a time...**

**...because** this helps reduce the chance of taking too much of the same kind of medicine, which can be harmful.

**DON'T share your medicine or take someone else's...**

**...because** what's right for one person may be harmful to another.

**All** medicines—OTC medicines and prescriptions—should **always** be taken with the approval and supervision of a parent or trusted adult.

See page 2 for TYLENOL® and MOTRIN® dosage charts »

# TYLENOL<sup>®</sup> and MOTRIN<sup>®</sup> Dosages

**TYLENOL<sup>®</sup> and MOTRIN<sup>®</sup> have different active ingredients.**

**IMPORTANT INSTRUCTIONS FOR PROPER USE**

Always read and follow the label on all TYLENOL<sup>®</sup> and MOTRIN<sup>®</sup> products.

## TYLENOL<sup>®</sup> Regular Strength Liquid Gels and Tablets



Use products only as directed.

ACTIVE INGREDIENT	DOSE & FREQUENCY	DIRECTIONS
<b>Acetaminophen 325 mg</b> (in each gel/tablet)	<p><b>Adults and children 12 years and over:</b> Take 2 liquid gels/tablets every 4-6 hours while symptoms last</p> <p><b>Children 6 years to under 12 years:</b> Take 1 liquid gel/tablet every 4-6 hours while symptoms last</p> <p><b>Children under 6:</b> Ask a doctor</p>	<p><b>Adults:</b> Do not take more than 10 liquid gels/tablets in 24 hours, unless directed by a doctor</p> <p><b>Children 6 years to under 12 years:</b> Do not take more than 5 liquid gels/tablets in 24 hours, unless directed by a doctor</p> <p><b>Children under 6:</b> Ask a doctor</p>

## TYLENOL<sup>®</sup> Extra Strength Caplets, Coated Tablets, Rapid Release Gels, and Dissolve Packs



Use products only as directed.

ACTIVE INGREDIENT	DOSE & FREQUENCY	DIRECTIONS
<b>Acetaminophen 500 mg</b> (in each caplet/tablet/gelcap/powder)	<p><b>Adults:</b> Take 2 caplets/tablets/gelcaps/powders every 6 hours while symptoms last</p> <p><b>Children under 12:</b> Ask a doctor</p>	<p><b>Adults:</b> Do not take more than 6 caplets/tablets/gelcaps/powders in 24 hours, unless directed by a doctor</p> <p><b>Children under 12:</b> Ask a doctor</p>

## MOTRIN<sup>®</sup> IB Liquid Gels and Caplets



Use products only as directed.

ACTIVE INGREDIENT	DOSE & FREQUENCY	DIRECTIONS
<b>Ibuprofen (NSAID)* 200 mg</b> (in each capsule)	<p><b>Adults and children 12 years and over:</b> Take 1 capsule or caplet every 4-6 hours while symptoms last; if pain or fever does not respond to 1 capsule or caplet, 2 capsules or caplets may be used</p> <p><b>Children under 12:</b> Ask a doctor</p>	<p><b>Adults:</b> Do not take more than 6 capsules or caplets in 24 hours, unless directed by a doctor</p> <p><b>Children under 12:</b> Ask a doctor</p>

\*Nonsteroidal anti-inflammatory drug.

*Find out how to store and dispose of OTC medicines safely at [GetReliefResponsibly.com](http://GetReliefResponsibly.com) »*