

FOLLOW THE DOSING DIRECTIONS FOR SAFE AND EFFECTIVE PAIN RELIEF

Over-the-counter (OTC) pain relievers can be effective in pain management, but they must be used appropriately. The chart below can help you make sure you are taking the appropriate dose. As with all medications, be sure to talk to your health care provider about what OTC medications you are using.

OTC pain relievers dosage chart - This chart is for adults and children 12 years and older.

ACETAMINOPHEN	AMOUNT	DOSE & FREQUENCY	DAILY LIMIT
Acetaminophen regular strength for example Tylenol® Regular Strength	325 mg per pill	2 pills every 4 to 6 hours while symptoms last	Do not take more than 10 pills in 24 hours , unless directed by a doctor
Acetaminophen extra strength for example Tylenol® Extra Strength	500 mg per pill	2 pills every 6 hours while symptoms last	Do not take more than 6 pills in 24 hours , unless directed by a doctor
Acetaminophen extended release for example Tylenol® 8HR Arthritis Pain	650 mg per pill	2 pills every 8 hours	Do not take more than 6 pills in 24 hours



Acetaminophen dosage daily limit is

4,000 mg

For your safety, do not take more than this amount in 24 hours

Some acetaminophen labels specify a 3,000 mg per day limit. Do not exceed the daily limit on the label. Consult your healthcare professional if you have questions.

NSAIDS NONSTEROIDAL ANTI-INFLAMMATORY DRUGS	AMOUNT	DOSE & FREQUENCY	DAILY LIMIT
Ibuprofen for example Motrin® IB and Advil®	200 mg per pill	1 pill every 4 to 6 hours while symptoms last (if pain or fever does not respond to 1 pill, 2 pills may be used)	Do not take more than 6 pills in 24 hours , unless directed by a doctor



Ibuprofen dosage daily limit is

1,200 mg

For your safety, do not take more than this amount in 24 hours

Naproxen sodium for example Aleve®	220 mg per pill	1 pill every 8 to 12 hours while symptoms last (for the first dose, you may take 2 pills within the first hour)	Do not take more than 2 pills in any 8 to 12 hour period. Do not take more than 3 pills in 24 hours
--	--------------------	---	--



Naproxen sodium dosage daily limit is

660 mg

For your safety, do not take more than this amount in 24 hours

Aspirin regular strength for example Bayer® Regular Strength	325 mg per pill	1 or 2 pills every 4 hours, or 3 pills every 6 hours	Do not take more than 12 pills in 24 hours
Aspirin extra strength for example Bayer® Extra Strength	500 mg per pill	1 or 2 pills every 4 to 6 hours	Do not take more than 8 pills in 24 hours



Aspirin dosage daily limit is

4,000 mg

For your safety, do not take more than this amount in 24 hours

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.

REMEMBER!

- Take **ONLY 1** medicine that contains the **same kind of active ingredient** (acetaminophen or NSAID) at a time
- Do not exceed the dose** on the label directions
- For NSAIDs, take the **smallest effective dose**— and take it for the **shortest amount of time needed**

WHY?

- If you take more than 1 medicine with the same kind of active ingredient at a time, it can increase your chance of harmful side effects
- Taking more than directed does NOT equal faster relief. It can also lead to harmful side effects

Get Relief Responsibly®

The third-party trademarks used herein are trademarks of their respective owners.
© Johnson & Johnson Consumer Inc. 2018 EST-498544

Find dosage charts, quizzes, and videos at
[GetReliefResponsibly.com](https://www.getreliefresponsibly.com)