



## Be Label Smart

Certain over-the-counter (OTC) medications like non-steroidal anti-inflammatory drugs (NSAIDs like aspirin, ibuprofen and naproxen) and acetaminophen (Tylenol, APAP) can be used to help relieve pain. OTCs are sold in your local pharmacy or grocery store and do not require a prescription. **But before you take these or other medications, you need to be label smart.**

Take the time to carefully read the Drug Facts label, which can be found on the product packaging or container. This label has important information that can help you choose the right medicine for you and your family members.

By following the instructions, you can help lower the risk of side effects or problems while taking OTCs. As always, talk with your health care provider or pharmacist if you have questions. Ask if any other medications you take — prescribed or OTC — could interact with one another and cause problems.

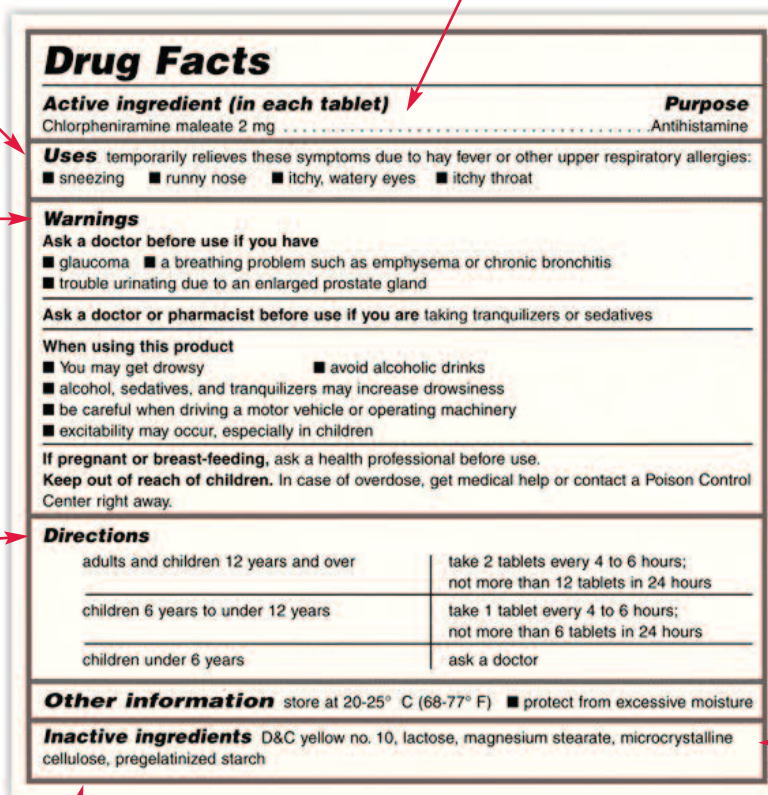
### What's on a "Drug Facts" label?

- **INGREDIENTS** — this lists the active ingredients in the medicine. Active ingredients are what make the medication work. This section will also tell you how much medicine is in each pill or dose. **Be careful about using two medicines with the same active ingredient — too much of any medicine can hurt you.**

- **USES** — tells you what the medicine is for; only use the medicine if it treats the symptoms that you have.

- **WARNINGS** — warns you if there are reasons you should (1) not take the medication and/or (2) talk to your health care provider first; this section also describes how the medicine might make you feel and if there are things you should not do while taking it.

- **DIRECTIONS** — how to take or give the medicine; this includes information about:
  - when and how much medicine to take at one time
  - how often it can be taken (how many times per day and/or how many hours in between each dose)
  - how long you can take it (for example, NSAIDs and acetaminophen should not be taken for more than 10 days in a row without talking to your health care provider).



**Drug Facts**

Active ingredient (in each tablet)	Purpose
Chlorpheniramine maleate 2 mg	Antihistamine

**Uses** temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:  
 ■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat

**Warnings**  
**Ask a doctor before use if you have**  
 ■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis  
 ■ trouble urinating due to an enlarged prostate gland  
**Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives**

**When using this product**  
 ■ You may get drowsy ■ avoid alcoholic drinks  
 ■ alcohol, sedatives, and tranquilizers may increase drowsiness  
 ■ be careful when driving a motor vehicle or operating machinery  
 ■ excitability may occur, especially in children

**If pregnant or breast-feeding**, ask a health professional before use.  
**Keep out of reach of children.** In case of overdose, get medical help or contact a Poison Control Center right away.

Directions	
adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

**Other information** store at 20-25° C (68-77° F) ■ protect from excessive moisture

**Inactive ingredients** D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

Always check the expiration date on the box or bottle. It's also a good idea to read the label twice **BEFORE** you take or give the medicine — each time and every time.

- **OTHER INFORMATION** — how to safely store the medicine (temperature, in a dry place, etc.)
- **INACTIVE INGREDIENTS** — do not help the medicine work. Rather, these ingredients are used to help the medicine keep its shape, improve its taste by adding flavor, give it color or help it last longer.

Source: Food and Drug Administration

For more information, visit [www.painsafe.org](http://www.painsafe.org).