

OVER-THE-COUNTER Pain Relievers Dosage Chart

For Adults & Children 12 Years & Older



ACETAMINOPHEN	AMOUNT	DOSAGE	DAILY LIMIT
Regular Strength	325 mg per pill	2 pills every 4-6 hours	Do not take more than 10 pills in 24 hours
Extra Strength	500 mg per pill	2 pills every 6 hours	Do not take more than 6 pills in 24 hours
Extended Release	650 mg per pill	2 pills every 8 hours	Do not take more than 6 pills in 24 hours



Do not exceed the dose on the label directions



For NSAIDs, take the lowest effective dose and take it for the shortest amount of time needed



Take only 1 medicine that contains the same kind of active ingredient (acetaminophen or NSAID) at a time

NSAIDs	AMOUNT	DOSAGE	DAILY LIMIT
Ibuprofen	200 mg per pill	1 pill every 4-6 hours 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
Naproxen Sodium	220 mg per pill	1 pill every 8-12 hours for first dose, you may take 2 pills within the first hour	Do not take more than 2 pills in any 8–12 hour period. Do not take more than 3 pills in 24 hours
Aspirin 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	500 mg per pill	1 or 2 pills every 4–6 hours	Do not take more than 8 pills in 24 hours

Over-the-counter (OTC) medicine brands that contain acetaminophen

- ▼ Tylenol®
- ▼ NyQuil/DayQuil®
- ▼ Excedrin®
- ▼ Alka-Seltzer Plus®
- ▼ Mucinex®
- ▼ Robitussin®
- ▼ Goody's®

Over-the-counter (OTC) medicine brands that contain an NSAID (ibuprofen, naproxen sodium, or aspirin)

- ▼ Advil®
- ▼ Aleve®
- ▼ Bayer®
- ▼ Motrin®
- ▼ Excedrin®
- ▼ Motrin®
- ▼ Goody's®
- ▼ Alka-Seltzer Plus®

This is not a complete list of OTC brands with products that contain acetaminophen or an NSAID.

Check your medicine label or ask your healthcare professional.

Source: <https://www.getreliefresponsiblyprofessional.com/patient-counseling>