Alternating Ibuprofen OTC (Advil, Motrin, etc.) and Acetaminophen OTC (Tylenol)

**For controlling pain without opioid-based, prescription pain medication**

1. Take two tablets of Ibuprofen OTC (200 mg Tabs)
2. Wait four hours
3. Take one tablet of Extra Strength Acetaminophen OTC (Extra Strength Tylenol 500 mg tablet)
4. Wait four hours.
5. Repeat cycle with Ibuprofen