

Adult Dosage Chart (OTC)

MEDS for Pain and Inflammation

ACETAMINOPHEN: (Tylenol)

- Acetaminophen is taken for pain as needed.
- Acetaminophen comes in regular strength and extra strength.
 - Regular strength, 325mg, can be taken 1-2 tabs every 4-6 hours as needed.
 - Extra strength, 500mg, can be taken 1 tab every 4-6 hours as needed.
- Maximum daily dose is 3000 mg/day (no more than 9 regular tabs OR 6 extra strength)
- Acetaminophen can be included in many cold medicines as well as pain medicines. Be careful not to exceed the recommended doses.
- Prolonged usage may result in unwanted health conditions.

IBUPROFEN: (Advil, Motrin)

- Ibuprofen is taken for inflammation and pain as needed.
- Always take with food to protect your stomach.
- Ibuprofen, 200mg, can be taken 1-2 tablets every 8 hours as needed.
- Ibuprofen can be taken at higher doses, 600-800 mg, up to three times daily as needed. These doses are considered prescription strength.
- Maximum daily does is 6 pills/day unless otherwise directed by your doctor.
- Prolonged usage may result in unwanted health conditions.

NAPROXEN: (Aleve)

- Naproxen is taken for inflammation and pain as needed.
- Always take with food to protect your stomach.
- Naproxen, 220mg, can be taken twice daily as needed.
- Naproxen can be taken at higher doses, 2 tablets twice daily as needed. This does is considered prescription strength.
- Prolonged usage may result in unwanted health conditions.

You can take Acetaminophen along with the anti-inflammatory meds, but do NOT take more than one of the anti-inflammatory meds at the same time (i.e. don't take Ibuprofen and Naproxen together.)

Please read and follow the instructions on your own OTC bottles.

MEMBERS: As always, your provider is just a phone call or text message away. It's better to be safe than sorry. Reach out if you are worried or if this protocol isn't helping.