

The best way to take your  
over-the-counter pain reliever?  
Seriously.



Know the active ingredients in your pain relievers. Read the labels. Pain relievers such as aspirin, ibuprofen and naproxen are known as nonsteroidal anti-inflammatory drugs (NSAIDs). These medicines are safe and effective when taken as directed, but can cause stomach bleeding or kidney problems in some people. So read the label warnings, and follow dosage directions carefully. And be sure to talk with your health care professional or pharmacist if you have any questions. You can also learn more by calling 1-888-INFO-FDA or visiting [www.fda.gov/cder](http://www.fda.gov/cder).



U.S. Department of Health and Human Services  
Food and Drug Administration