Understand your OTC medicine labels

**Drug Facts** help you understand how to choose and use your medicines safely

**Drug Facts**

- **Active ingredient**: Ingredient that makes the medicine work
- **Uses**: Symptoms the medicine treats
- **Warnings**: Side effects, when to ask a healthcare professional before taking the medicine, which other medicines not to take at the same time, and when to stop use
- **Directions**: The amount (dose) of medicine to take, how often to take it, and how much you can safely take in one day
- **Other information**: Important things to know, such as how to store the medicine
- **Inactive ingredients**: Flavoring, preservatives, or other ingredients not meant to treat symptoms
- **Questions or comments?**: A phone number to call the company if you have questions about the medicine

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**Keep your cartons**

**Why?**
- The Drug Facts label on over-the-counter (OTC) medicine cartons, or the pull-out label on some bottles, contains complete warnings and product information.

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**Read and follow the entire Drug Facts label**

**Why?**
- The Drug Facts label contains more than directions. It includes other important information that could matter to your health.

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**What else you can do**

- If provided, use only the dosing device that comes with your medicine
- Take **ONLY 1** medicine that contains the same kind of active ingredient at a time

**Why?**
- If you take more than 1 medicine with the same kind of active ingredient, it can increase your chance of harmful side effects.