UNDERSTANDING A DRUG FACTS LABEL

All over-the-counter medicines must have a standardized **Drug Facts label**. Make sure you know how to read and understand these labels!

**ACTIVE INGREDIENTS**
The ingredients in the medicine and what they do, such as pain reliever, cough suppressant or nasal decongestant.

**USES**
Describes the symptoms the medicine treats.

**WARNINGS**
Safety information such as side effects, questions to ask your doctor about the medicine and which medicines to avoid using at the same time.

**DIRECTIONS**
Tells how much medicine to take (dosage), how often to take it and how much you can take in one day.

**INACTIVE INGREDIENTS**
Ingredients that are in the medicine but don’t treat symptoms, such as preservatives, food coloring and flavoring.

**QUESTIONS OR COMMENTS**
Section with information on how to reach the manufacturing company if you have questions or comments about the medicine.

**OTHER INFORMATION**
How to store the medicine.

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ASK FOR HELP

If you can’t reach your health care professional or pharmacist, call the Poison Help number, **800-222-1222**. It is staffed by doctors, nurses, pharmacists and toxicologists who will answer your questions about medicines 24 hours a day, 365 days a year. Every call is free and private.

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