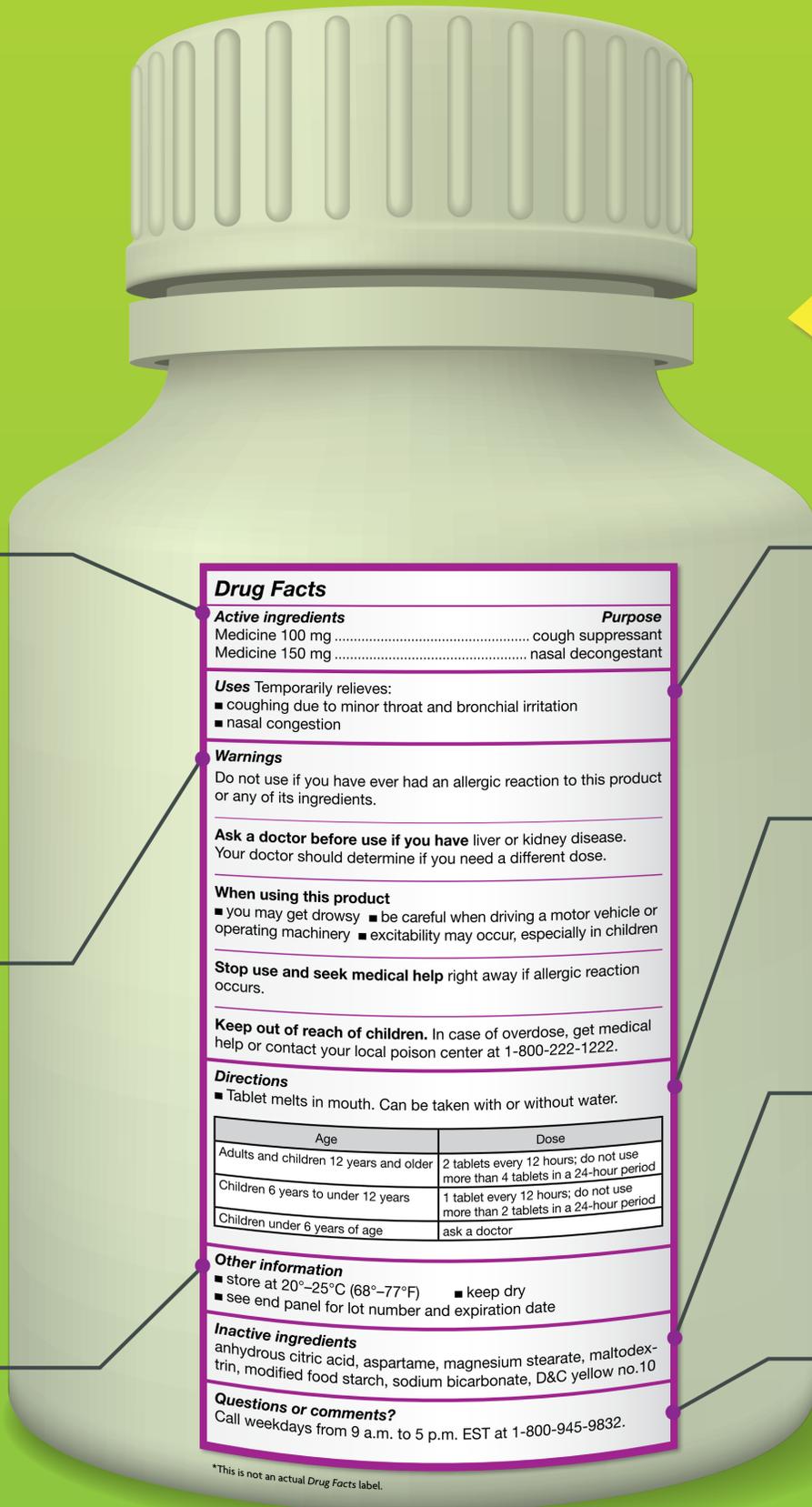


# OTC LITERACY

## UNDERSTANDING THE LABEL

Drug Facts help you understand the medicines that you take and how to take them safely. All medicines should be taken with the direct supervision of a parent or trusted adult.



### ACTIVE INGREDIENTS

The ingredients in the medicine that make it work.



### WARNINGS

Safety information including side effects, the questions you should ask a doctor before taking the medicine, and which medicines to avoid using at the same time.



### OTHER INFORMATION

How to store the medicine.



### USES

Describes the symptoms that the medicine treats.



### DIRECTIONS

Indicates the amount or dose of medicine to take, how often to take it, and how much you can take in one day.



### INACTIVE INGREDIENTS

Ingredients not intended to treat your symptoms (e.g., preservatives, flavorings).



### QUESTIONS OR COMMENTS?

Call the company if you have questions about a specific medicine.

#### Drug Facts

**Active ingredients** **Purpose**  
 Medicine 100 mg ..... cough suppressant  
 Medicine 150 mg ..... nasal decongestant

**Uses** Temporarily relieves:  
 ■ coughing due to minor throat and bronchial irritation  
 ■ nasal congestion

**Warnings**  
 Do not use if you have ever had an allergic reaction to this product or any of its ingredients.

**Ask a doctor before use if you have** liver or kidney disease. Your doctor should determine if you need a different dose.

**When using this product**  
 ■ you may get drowsy ■ be careful when driving a motor vehicle or operating machinery ■ excitability may occur, especially in children

**Stop use and seek medical help** right away if allergic reaction occurs.

**Keep out of reach of children.** In case of overdose, get medical help or contact your local poison center at 1-800-222-1222.

**Directions**  
 ■ Tablet melts in mouth. Can be taken with or without water.

Age	Dose
Adults and children 12 years and older	2 tablets every 12 hours; do not use more than 4 tablets in a 24-hour period
Children 6 years to under 12 years	1 tablet every 12 hours; do not use more than 2 tablets in a 24-hour period
Children under 6 years of age	ask a doctor

**Other information**  
 ■ store at 20°–25°C (68°–77°F) ■ keep dry  
 ■ see end panel for lot number and expiration date

**Inactive ingredients**  
 anhydrous citric acid, aspartame, magnesium stearate, maltodextrin, modified food starch, sodium bicarbonate, D&C yellow no.10

**Questions or comments?**  
 Call weekdays from 9 a.m. to 5 p.m. EST at 1-800-945-9832.

\*This is not an actual Drug Facts label.

## MEASURE IT RIGHT

To get an exact measurement it is important to only use the dosing device that is provided with the medicine. The Drug Facts label tells you how much medicine you should take based on your weight and/or age.



**FACT:** Household teaspoons come in various shapes and sizes, which means they hold different amounts of liquid.

## KNOW WHO TO ASK

Always talk with a parent or trusted adult to learn more about the responsible use of all medicines. Other resources include doctors, nurses, and pharmacists as well as your local poison center.



In 2011, America's poison centers managed over:

**260,000**  
 exposure cases involving children ages 6 to 19.

**143,000**  
 medication errors and misuse.

**DID YOU KNOW** that poison centers are staffed with experts including doctors, nurses, pharmacists, and toxicologists who can help answer general questions about medicines or can provide expert help over the phone if you come in contact with a poison.

**Program the Poison Help number, 1-800-222-1222, into your phone.**