



You know what's in your medicine cabinet, but do you know what's in your medicines?

You might be surprised to know that your over-the-counter medicine may contain the same active ingredient found in some prescription or common cold/flu medications. Taking more than one medicine means you could be receiving too much of the same active ingredient,

and more is not better.

Know your medicines. Always read and compare labels. And consult your doctor or pharmacist if you have any questions.

Take the time to be careful.

Learn more at: [www.BeMedWise.org](http://www.BeMedWise.org)

**N•C•P•I•E**

National Council  
on Patient Information  
and Education



U.S. Food and Drug Administration