

## Active Ingredients of Two Common Pain Relievers\*

An **active ingredient** is the chemical in the medicine that brings relief to your symptoms. Similar active ingredients are located in hundreds of over-the-counter (OTC) and prescription medications. Some are in combination with others.

**Remember: Too much of a medicine can create serious health problems.**

<u>Acetaminophen</u>	<u>NSAIDS</u> (common active ingredients: <b>ibuprofen, naproxen, ketoprofen, aspirin</b> )
<p><b>Uses:</b> Relieves headaches, muscle aches and fever; often found in cough syrup, cold and sinus medications</p> <p><b>Risk of too much:</b> <u>liver damage</u>. Risk is increased when alcohol is consumed.</p> <p style="text-align: center;">Tylenol Excedrin Benadryl Allergy &amp; Sinus Robitussin Cold and Flu Bromo Seltzer TheraFlu Triaminic Sudafed Vanquish Contac Dayquil Nyquil Midol Darvocet Percocet Zebutal</p>	<p><b>Uses:</b> Relieves pain and fever; “NSAID” stands for non-steroidal anti-inflammatory drug</p> <p><b>Risk of too much:</b> <u>stomach bleeding and kidney disease</u>. Risk increases in people over 60, those with high blood pressure, kidney disease or heart disease, those taking diuretics or blood thinners, previous ulcers and other bleeding problems.</p> <p><b>Aspirin</b> (Bayer, St. Joseph, Ecotrin, Excedrin, Alka Seltzer)</p> <p><b>Ibuprofen</b> (Advil, Advil Cold and Sinus, Advil Allergy Sinus, Advil Migraine, Advil Flu and Body Ache, Motrin, Nuprin)</p> <p><b>Naproxen sodium</b> (Aleve)</p> <p><b>Ketoprofen</b> (Orudis)</p>

\*This does not include all OTCs available.

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