

A black and white photograph of a human hand held palm up, with four pills and one capsule resting on the palm. The pills are of various shapes and colors: two white round tablets, one dark oval capsule, and one white square tablet. The background is dark, making the hand and pills stand out.

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

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National Council
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U.S. Food and Drug Administration