How can a pain reliever lead to serious liver damage?

Answer: If you take more than the recommended dose of acetaminophen.

Acetaminophen is an active ingredient found in more than 600 over-the-counter and prescription medicines, such as pain relievers, cough suppressants and cold medications. It is safe and effective when used correctly, but taking too much can lead to liver damage. Different medicines contain different amounts, so follow dosage directions carefully. And don't take more than one acetaminophen product a day without first speaking to a health care professional. You can also learn more by calling 1-888-INFO-FDA or visiting www.fda.gov/cder.

Reminder can get severe liver damage if you take:

- more acetaminophen than directed
- more than one medicine containing acetaminophen
- 3 or more alcoholic drinks everyday while using acetaminophen



"We could try a larger monitor with an ergonomic glare filter...but you're still going to get headaches if you keep banging your head against the screen."

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