**Take Home Reference Sheet**

**Daily Limits for OTC Products**

1) Maximum daily dose of Aspirin is 4 grams for pain relief, but for heart attack and stroke prevention the typical dose is 81 mg daily.

2) Currently, the daily limit of Acetaminophen is still 4 grams daily
   
   a. Limit may be lowered to 3 grams daily, and Vicodin will only contain 325 mg per tablet

3) The limit of Ibuprofen for regular pain relief/fever reduction is 1.2 gram daily without doctor supervision, and 2.4 gram daily with doctor supervision

4) Daily limit of Naproxen is 1.25 grams daily

** Always best to double-check with your primary physician on what dose would be safe and correct for you.

**OTC Pain Medication Reference**

  
  o Great resource, created by the American Academy of Family Physicians

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- There will be a safe medication disposal event Saturday, April 9th from 9 to 3 at the TCAT bus garage, located at 737 Willow Ave. Ithaca, NY
  
  o Any other questions, call 273-8381