

Look for **(NSAID)** on the label.



# You probably have NSAIDs in your medicine cabinet. (So, what's an NSAID?)

**Good question! NSAID** is short for  
**Nonsteroidal Anti-Inflammatory Drug.**

NSAIDs are commonly used pain relievers. There are various NSAIDs you can get as a prescription from your health care provider and some are available “over the counter” or OTC. You probably know the OTC NSAIDs better by their generic and brand names such as:

- Ibuprofen, which is sold OTC under the brand names Motrin® and Advil®
- Naproxen Sodium (sometimes called Naproxen) which is sold OTC under the brand name Aleve®
- Aspirin is also an NSAID

NSAIDs can provide effective relief but if not taken correctly – at too high a dose, for too long, or in combination with each other – they can adversely affect your kidneys, heart and digestive system.

Your health care provider or pharmacist can help you determine the right dose and the right length of time to take NSAIDs, or if NSAIDs are right for you. **If you take OTC NSAIDs, read, and follow, the label.** If you have any question regarding your NSAID use, ask your health care provider or pharmacist.

[www.NSAIDAlliance.com](http://www.NSAIDAlliance.com).

 Alliance for Rational  
Use of NSAIDs  
A Public Health Coalition

When taking NSAIDs,  
follow this simple rule:



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