

HELP I HAVE A HEADACHE - acetaminophen tablet
Help Remedies, Inc.

Disclaimer: Most OTC drugs are not reviewed and approved by FDA, however they may be marketed if they comply with applicable regulations and policies. FDA has not evaluated whether this product complies.

Drug Facts

Active Ingredient..... Purpose
(in each tablet)

Acetaminophen 325mg.....Pain reliever/fever reducer

Uses:

- temporarily relieves minor aches and pains due to
- headache
- common cold
- toothache
- backache
- muscular aches
- premenstrual and menstrual cramps
- temporarily reduces fever

Warnings:

Liver warning This product contains acetaminophen. Severe liver damage may occur if you take

- more than 12 tablets in 24 hours, which is the maximum daily amount.
- child takes more than 5 tablets in 24 hours
- taken with other drugs containing acetaminophen.
- adult has 3 or more alcoholic drinks everyday while using this product.

Overdose warning Taking more than the recommended dose (overdose) may cause liver damage.

In case of overdose, get medical help or contact a Poison Control Center right away. (1-800-222-1222) Quick medical attention is critical for adults as well as for children even if you do not notice any signs or symptoms. Prompt medical attention is critical for adults as well as for children even if you do not notice any signs or symptoms.

Do not use

- with any other drug containing acetaminophen (prescription or non-prescription) If you are not sure whether a drug contains acetaminophen, ask a doctor or pharmacist
- if you are allergic to acetaminophen or any of the inactive ingredients in this product

Ask a doctor before use if the user has liver disease.

Ask a doctor or pharmacist before use if the user is taking the blood thinning drug warfarin.

Stop use and ask a doctor if

- pain gets worse or lasts for more than 10 days in adults and children
- fever gets worse or lasts for more than 3 days
- any new symptoms occur
- redness or swelling is present

These could be signs of a serious condition

Keep out of reach of children.

If pregnant or breast feeding, ask a health professional before use.

Other Information

- do not use if packet is torn, cut or opened
- store at controlled room temperature 15-30 degrees Celsius (59-86 degrees Fahrenheit)
- avoid excessive heat and humidity
- keep package. It contains important information.

Directions

•do not take more than directed

adults and children 12 years and over	take 2 tablets every 4-6 hours as needed do not exceed 12 tablets in 24 hours or as directed by doctor
children 6-11 years of age	take 1 tablet every 4-6 hours as needed do not exceed 5 tablets in 24 hours or as directed by a doctor
children under 6 years of age	do not use this regular strength product. This will provide more than the recommended dose (overdose) and may cause liver damage.

Inactive Ingredients corn starch, microcrystalline cellulose, povidone, sodium starch glycolate, stearic acid

Questions or comments?

Call 1-855-433-3357 10:00 AM - 5:00 PM ET, Monday-Friday

DO NOT USE IF SEAL IS BROKEN OR TAMPERED WITH

Help I have a headache does not contain Red Dye #40. If you enjoy dye, you will have to eat it separately.

SEE NEW WARNINGS INFORMATION.

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PEEL HERE FOR MORE DRUG FACTS ➤

Drug Facts (continued)

- muscular aches
- the premenstrual and menstrual periods
- temporarily reduces fever

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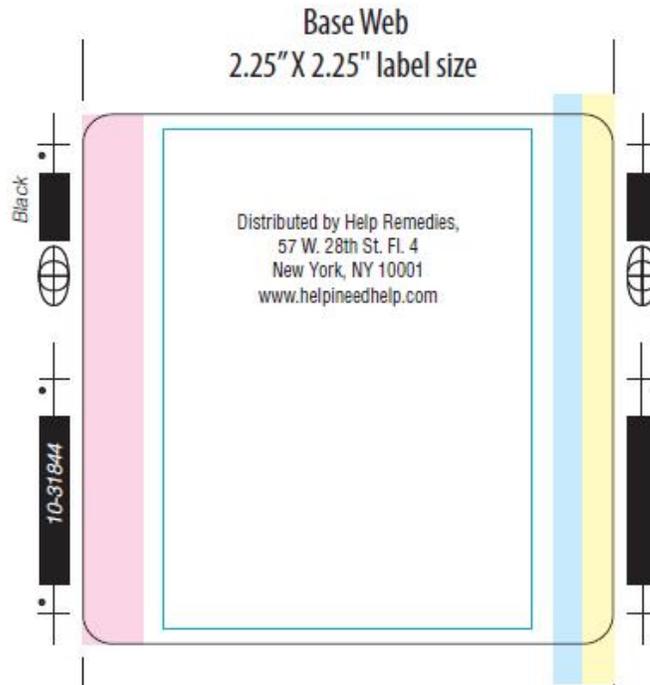
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HELP I HAVE A HEADACHE

acetaminophen tablet

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:49260-710
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
ACETAMINOPHEN (UNII: 362O9ITL9D) (ACETAMINOPHEN - UNII:362O9ITL9D)	ACETAMINOPHEN	325 mg

Inactive Ingredients

Ingredient Name	Strength
STARCH, CORN (UNII: O8232NY3SJ)	
CELLULOSE, MICROCRYSTALLINE (UNII: OP1R32D61U)	
POVIDONE (UNII: FZ989GH94E)	
SODIUM STARCH GLYCOLATE TYPE A POTATO (UNII: 5856J3G2A2)	
STEARIC ACID (UNII: 4ELV7Z65AP)	

Product Characteristics

Color	white (white)	Score	no score
Shape	OVAL (Oval Tablet)	Size	18mm
Flavor		Imprint Code	h;help
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:49260-710-20	20 in 1 BLISTER PACK		
2	NDC:49260-710-50	50 in 1 BOTTLE		
3	NDC:49260-710-02	2 in 1 POUCH		

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC monograph not final	part343	05/01/2012	

Labeler - Help Remedies, Inc. (050359682)

Revised: 7/2012

Help Remedies, Inc.