

## **IBUPROFEN 200 mg tablet**

### **Forms and doses:**

Ibuprofen is commonly sold over the counter under many different brand names. Each over the counter table contains 200 mg. Of medication. The recommended dosage for ibuprofen is 2400 mg per day. You should take this one of three ways listed below:

- 1) 400 mg (2 tablets) taken every 4 hours: **OR**
- 2) 600 mg (3 tablets) taken every 6 hours: **OR**
- 3) 800 mg (4 tablets) taken every 8 hours

It is best to take ibuprofen with food to help prevent stomach upset.

In order to get the maximum pain relief and the anti-inflammatory response that we are looking for, it is essential that you take the recommended dose every day for at least 4 to 6 days.

If you have been given a prescription pain reliever, you should take it as instructed. You should also take the ibuprofen as instructed above; however; it would be best to take the ibuprofen between the doses of the prescription pain reliever.

### **Generic Name: Ibuprofen**

**Brand Names:** Advil, Arthritis Foundation, Bayer Select, Excedrin IB, Motrin IB, Nuprin