HELP I HAVE AN ACHING BODY - ibuprofen tablet Help Remedies, Inc.

Drug Facts

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

Ibuprofen 200 mg (NSAID)*.....Pain reliever/ Fever reducer

*nonsteroidal anti-inflammatory drug

Use

Temporarily relieves minor aches and pains due to • common cold • headache

• toothache • muscular aches • backache • minor pain of arthritis • menstrual cramps

• temporarily reduces fever

Warnings

Allergy Alert Ibuprofen may cause a severe allergic reaction, especially in people allergic to aspirin Symptoms may include:

• shock • hives • facial swelling • asthma (wheezing) • rash • skin reddening • blisters If an allergic reaction occurs, stop use and

seek medical help right away. Stomach bleeding warning This product contains a nonsteroidal antiinflammatory drug (NSAID), which may cause stomach bleeding. The chance is higher if you: • are age 60 or older • have had stomach ulcers or bleeding problems • take a blood thinning (anticoagulant) or steroid drug • take other drugs containing an NSAID (aspirin, ibuprofen, naproxen or others) • have 3 or more alcoholic drinks every day while using this product • take more or for a longer time than directed.

Stop use and ask a doctor if you feel faint, vomit blood, or have bloody or black stools. These are the signs of stomach bleeding

• pain gets worse or lasts more than 10 days • fever gets worse or lasts more than 3 days • stomach pain or upset gets worse or lasts

more than 10 days • stomach pain or upset gets worse or lasts • redness or swelling is present in the painful area • any new symptoms appear.

Ask a doctor before use if you have • problems or serious side effects from taking pain relievers or fever reducers • stomach

problems that last or come back, such as heartburn, upset stomach, or stomach pain • bleeding problems • ulcers • high blood

pressure • taken a diuretic • heart or kidney disease • reached age 60 or older.

Ask a doctor or pharmacist before use if you are • taking any other drug containing an NSAID (prescription or non prescription)

• taking a blood thinning agent (anticoagulant) or steroid drug • taking any other drug • under a doctor's care for any serious condition.

- if you have ever had an allergic reaction to any other pain reliever/fever reducer
- right before or after heart surgery

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away. (1-800-222-1222)

If pregnant or breast-feeding, ask a health professional before use. It is especially important not to use ibuprofen during the last 3 months of pregnancy unless definitely directed to do so by a doctor because it may cause problems in the unborn child or complications during delivery.

When using this product

• take with food or milk if stomach upset occurs • long term continuous use may increase the risk of a heart attack or stroke.

Adults and children 12 years and over: take 1 tablet every 4 to 6 hours while symptoms persist

- if pain or fever does not respond to 1 tablet, 2 tablets may be used
- do not exceed 6 tablets in 24 hours unless directed by a doctor
- children under 12 yeas: ask a doctor do not take more than directed
- the smallest effective dose should be used

Directions

• do not take longer than 10 days, unless directed by a doctor (see Warnings)

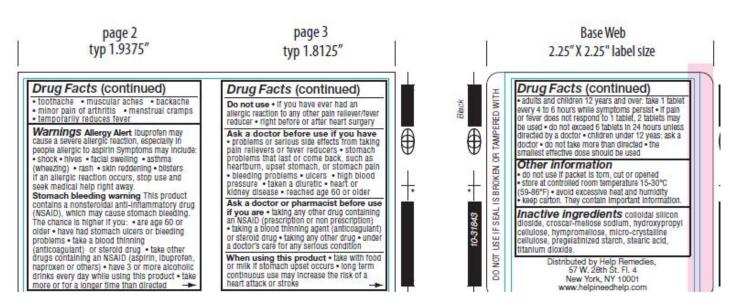
Other information

- do not use if packet is torn, cut or opened
- store at controlled room temperature 15-30°C (59-86°F) avoid excessive heat and humidity
- keep carton. They contain important information.

Distributed by Help Remedies, 57 W. 28th St. Fl. 4 New York, NY 10001

www.helpineedhelp.com





Inactive ingredients

colloidal silicon dioxide, croscar-mellose sodium, hydroxypropyl cellulose, hympromellose, micro-crystalline cellulose, pregelatinized starch, stearic acid, titanium dioxide.

HELP I HAVE AN ACH	I HAVE AN ACHING BODY					
ibuprofen tablet						
Product Information						
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:49260-615			
Route of Administration	ORAL					
Active Ingredient/Active Mo	iety					

Ingredient Name			Basis of Strength		Strength
IBUPROFEN (UNII: WK2XYI10QM) (IBUPROFEN - UNII:WK2XYI10QM)			IBUPRO	FEN	200 mg
Inactive Ingred	lients				
		Strength			
SILICON DIO XIDE	(UNII: ETJ7Z6XBU4)				
CROSCARMELLOS	SE SODIUM (UNII: M28OL1HH48)				
HYDRO XYPRO PYI	L CELLULOSE (UNII: RFW2ET671P)			
HYPRO MELLOSES	G (UNII: 3NXW29V3WO)				
CELLULOSE, MICH	ROCRYSTALLINE (UNII: OP1R32D	6 1U)			
STARCH, CORN (U	NII: O8232NY3SJ)				
STEARIC ACID (UN	III: 4ELV7Z65AP)				
TITANIUM DIO XID	E (UNII: 15FIX9V2JP)				
Product Chara	cteristics				
Product Chara Color	cteristics white (white)	Score		no sco	re
		Score Size		no sco 10 mm	re
Color	white (white)		Code		re
Color Shape	white (white)	Size	Code	10 mm	re
Color Shape Flavor	white (white)	Size	Code	10 mm	re
Color Shape Flavor Contains	white (white)	Size	Code	10 mm	re
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Labeler - Help Remedies, Inc. (050359682)

Revised: 3/2013

Help Remedies, Inc.