



Acetaminophen is in more medicines than you might think

It's the most common drug ingredient in America, found in more than 600 different prescription and over-the-counter medicines, including pain relievers, fever reducers, and sleep aids as well as cough, cold, and allergy medicines. On prescription labels, acetaminophen is sometimes listed as "APAP," "acetam," or other shortened versions of the word. When used as directed, acetaminophen is safe and effective, but there is a limit to how much you can take in one day. Taking more than directed is an overdose and can lead to liver damage. So know your dose – always read and follow the label and never take two medicines that contain acetaminophen at the same time.

For more information, talk to your healthcare professional or visit [KnowYourDose.org](https://www.knowyourdose.org)
Acetaminophen Awareness Coalition