

It is important to keep taking prescription medicines until your doctor or pharmacist tells you it's okay to stop, even if you are feeling better.

It is important to tell every doctor or nurse that you see, what medicines you are taking and if there is a medicine that makes you sick. If you do not tell all doctors what your medicines are, the a doctor might give you new medicine which will not work properly with the medicine you are already taking.

If you take vitamins, supplements, herbal or traditional medicines, tell you your doctor, nurse or pharmacist. Sometimes these medicines can interfere with medicine given by a doctor, or can cause other side effects.

How do I take medicines correctly?

All medicines have a label.

The label gives you instructions for using the medicine safely, including:

- > How much to use
- > When to use it
- > How many times a day you should use it
- > How many days you should use it for

Do Not Use if pouch is broken or torn.

Failure to follow these warnings could result in serious consequences.

Drug Facts	Purpose
Active ingredients (in each LiquiCap)	
Acetaminophen 325 mg	Pain reliever/fever reducer
Dextromethorphan HBr 15 mg	Cough suppressant
Doxylamine succinate 6.25 mg	AmbiSedative

Uses: temporarily relieves common cold/flu symptoms:

- cough due to minor throat & bronchial irritation
- sore throat
- headache
- minor aches & pains
- fever
- runny nose & sneezing

Warnings:

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

- more than 4 doses in 24 hrs, which is the maximum daily amount for this product
- with other drugs containing acetaminophen
- 3 or more alcoholic drinks every day while using this product

Sore throat warning: If sore throat is severe, persists for more than 2 days, is accompanied or followed by fever, headache, rash, nausea, or vomiting, consult a doctor promptly.

Do not use: with any other drug containing acetaminophen (prescription or nonprescription). If you are not sure whether a drug contains acetaminophen, ask a doctor or pharmacist.

• If you are now taking a prescription monoamine oxidase inhibitor (MAOI) (certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease), or for 2 weeks after stopping the MAOI drug. If you do not know if your prescription drug contains an MAOI, ask a doctor or pharmacist before taking this product.

• to make a child sleep

Ask a doctor before use if you have:

- liver disease
- glaucoma
- cough that occurs with too much phlegm (mucus)
- a breathing problem or chronic cough that lasts or as occurs with smoking, asthma, chronic bronchitis or emphysema
- trouble urinating (due to enlarged prostate gland)

Ask a doctor or pharmacist before use if you are:

- taking sedatives or tranquilizers
- taking the blood thinning drug warfarin

When using this product:

- do not use more than directed
- excitability may occur, especially in children
- marked drowsiness may occur
- avoid alcoholic drinks
- be careful when driving a motor vehicle or operating machinery
- alcohol, sedatives, & tranquilizers may increase drowsiness

Stop use and ask a doctor if:

- pain or cough gets worse or lasts more than 7 days
- fever gets worse or lasts more than 3 days
- redness or swelling is present
- new symptoms occur
- cough comes back or occurs with rash or headache that lasts. These could be signs of a serious condition.

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

Keep out of reach of children. Overdose warning: Taking more than the recommended dose can cause serious health problems. In case of overdose, get medical help or contact a Poison Control Center right away. Quick medical attention is critical for adults as well as for children even if you do not notice any signs or symptoms.

Drug Facts (continued)

Directions

- take only as directed - see Overdose warning
- do not exceed 4 doses per 24 hours

adults & children 12 yrs & over	2 LiquiCaps with water every 6 hrs
children 4 to under 12 yrs	ask a doctor
children under 4 yrs	do not use

• when using other DayQuil or NyQuil products, carefully read each label to ensure correct dosing

Other information

- store at room temperature

Inactive ingredients: DSC Yellow No. 10, FD&C Blue No. 1, gelatin, glycerin, polyethylene glycol, povidone, propylene glycol, purified water, saccharin sodium solution, titanium dioxide

Questions? 1-800-251-3374

www.vicks.com

PARENTS: www.DoNotUseCaution.com

Do Not Use if pouch is broken or torn.

TO OPEN
PUSH IN TAB AND PULL OUT

See Full Drug Facts information on the back of this dispenser

Product repackaged and distributed with permission of the manufacturer by:
JC World Ball Wholesale Company, Inc. Hackensack, NJ 07601

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25 PACKETS OF 2 LiquiCaps®

An example of a medicine label with instructions

Over-the-counter medicines

For many medicines, you do not need a prescription. You can buy these medicines at places other than pharmacies, such as the supermarket. In English, these medicines are called “over-the-counter medicines”.

Examples of over-the-counter medicines:

- > Cough, cold and flu medicines
- > Pain medicines like aspirin, acetaminophen, and ibuprofen
- > Medicines for sore throat, headache, earache, and body aches
- > Eye drops
- > Medicines for diarrhoea and constipation

It is very important to take medicines according to the instructions.

Take the medicine for as long as suggested.

Do not take more or less medicine than what is on the label or your pharmacist has told you.

Medicines can help you feel better and get well when you are sick, but if you do not take medicines correctly, they can hurt you.

Do not give any of your medicine to other people and don't take anyone else's medicine.

A medicine that is good for someone else might not work for the illness you have and may make it worse by delaying the right treatment for you.

Antibiotics are very strong medicines and they should only be taken if advised by your doctor. They can have serious side effects if not taken properly.

Some medicines can cause problems (side effects). Side effects may be mild, like an upset stomach, or they can be more serious, like damage to your liver.

If you notice that something is wrong with you, speak to your doctor or pharmacist. Ask for an interpreter if you need one. Interpreters are free.



An example of antibiotics

What is a generic medicine?

Sometimes you can choose between a **“generic”** medicine and a brand name medicine.

Generic and brand name medicines work the same way. Generic medicine usually costs less.

If there is a generic option for the medicine you need, your pharmacist may ask you if you would like the 'generic' medicine instead of the brand name medicine.

If the pharmacist doesn't ask you, you can ask if they have a generic brand (a less expensive brand) of the medicine you need.



Brand



Generic

Ask questions to make sure you understand your medicines

Ask your doctor, nurse, or pharmacist questions to be sure you understand how to use your medicine.

To use medicines safely, you need to know:

- What the medicine is
- Why you are using the medicine
- How and when to use the medicine
- If there are any medicines you shouldn't use with this one

If you forget how to use your medicine or if you don't understand the information on the label, you can ask a pharmacist for help.

How do I store my medicines correctly?

Medicines that are stored correctly last longer and work better.

- Put your medicines in a safe place, away from children and pets.
- Store your medicines in a cool, dry place. Places that are damp and warm, like the kitchen or bathroom can damage your medicines.

- Keep medicines in their original containers, as they have the instructions on the label.
- Some medications need refrigeration. This is normally written on the label.
- Throw away expired medicines and medicines you no longer use.

How do medicines work?

- Some medicines work quickly and others take time. For example, some pain killers (called analgesics) may take a few minutes to treat the pain, but antibiotic tablets may take more than 24 hours before you notice an infection improving, antidepressants can typically take two weeks before you notice an improvement in mood.
- If you are worried your medicines are not working or that your health is getting worse, you should see your doctor immediately.
- Some medicines work best on an empty stomach or can irritate the stomach so these are best taken with food.