



NON-PRESCRIPTION DRUGS

What are nonprescription drugs?

Also called over-the-counter (OTC) medicines, can be purchased without a prescription. They are effective and safe when used according to the label.

These relate to health factors within **SAFEST BRAINS**. Nonprescription medicines, meeting FDA standards, can appropriately manage some of those factors - examples provided below.

INFANTS

Pain or fever relief, saline nasal drops, diaper rash cream.

CHILDHOOD- ADOLESCENCE

ADULTHOOD

ELDERLY

Toothpaste, Pain relievers, Fever reducers, Allergy relief, Cough Suppressants, Digestion-related conditions, Dental care, Eye drops, Ear drops, Infections, Sleep aids, Smoking cessation, Overdose treatment, Weight control, Birth control.

FDA DOES

- Review scientific data to ensure efficacy, safety, quality
- Require products to be tested for:
 - 'Label Comprehension' for consumer to understand the label
 - 'Self-Selection' for consumer to correctly apply to personal medical situations
- Set requirements for 'Drug Monograph' or for 'Switching' from prescription to nonprescription or for 'Additional Conditions for Nonprescription Use (ACNU)'
- Monitor post-marketing reports of safety, quality, false promotion, take appropriate action

General Benefit–Risk

BENEFITS

- Available without a prescription
- Convenient access
- Treat right away
- FDA standards and monitoring
- Can be affordable

RISKS

- Incorrect selection or dosing
- Side effects and interactions
- Special limits for some people
- Missing label warnings



MAKE THE RIGHT CHOICE

Check the label and your needs, take as directed

READ LABEL

Check uses, warnings, directions, active and inactive ingredients, storage.
Read the entire label on all sides of package.

SELF-SELECT

Match the product's uses to your symptoms and health history. Consider medical conditions, other medicines, whether a doctor should check your symptoms.

CHECK QUALITY

Review expiration date and storage directions. Avoid damaged or tampered packaging.

Check with a doctor, pharmacist when needed

After Purchase

- Follow dosing and storage directions exactly
- Watch for side effects, interactions
- Check with a doctor if symptoms persist, worsen, recur
- Take extra care with children, pregnancy, older adults, chronic conditions

IF YOU EXPERIENCE A HARMFUL EFFECT

STOP USING THE PRODUCT AND SEEK MEDICAL CARE

Report serious problems to the FDA. www.FDA.gov/MedWatch

Do your own Benefit/Risk before purchase

Learn more from Vysta website

Get a Vysta Personal Report

www.vysta.org/nonprescription-drugs

