



ANTI-INFLAMMATORY REGIMEN

ibuprofen

200 mg

3 or 4 tablets

**3 times a day
with food**

Do this for 5-7 days. If feeling better, reduce to 2-3 tablets three times daily for 2 days, then taper off completely. No more than 4 tablets at one time or more than 12 tablets in 24 hours.

aleve/naproxen

220 mg

1 or 2 tablets

**2 times a day
with food**

Do this for 5-7 days. If feeling better, reduce to 1 tablet twice a day for 2 days, then taper off completely. No more than 2 tablets at one time or more than 4 tablets in 24 hours.

Only use one regimen at a time. DO NOT use them at the same time.



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