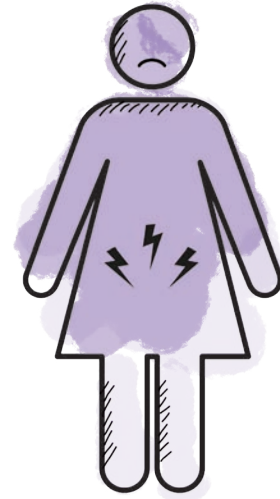


Period cramps

More than half of girls have pain in the lower belly or back during their periods. Here are some ways to manage mild to moderate period cramps.



Apply heat

- Place a heating pad, hot water bottle, or warm washcloth on the lower belly for 20 minutes, 2 times per day
- Soak in a warm bath



Keep moving

- Exercise can help—like walking, swimming, or strength training
- It's okay to go to school and participate in other normal activities



Try to relax

- Relaxing activities like yoga and meditation can help
- Try to reduce stress, which can make cramps worse



Take a pain reliever

- A pain reliever like MOTRIN® IB,* which contains ibuprofen, can help the body make less of the chemicals that cause cramps, and relieve period pain
- Parents: Remind older kids to always read and follow the label on all MOTRIN®* products



When to call your doctor

- Self-care doesn't help, and the pain makes it hard to do normal things
- Cramps suddenly get worse
- Period pain comes with a fever
- There are cramps but no period
- If you are worried or have questions or concerns





Stay on top of period pain

- Start taking a pain reliever like MOTRIN® IB as directed when your period pain begins
- Set a schedule to take the next dose at the right time
- Keep cramps away to get back to enjoying normal activities



MOTRIN® Dosage

MOTRIN® products for adults and children 12 years and older

IMPORTANT INSTRUCTIONS FOR PROPER USE

Always read and follow the label on all MOTRIN® products.

MOTRIN® IB Liquid Gels

Active ingredient: ibuprofen (NSAID)*
200 mg (in each capsule)



Use product only as directed.

AGE	Adults and children 12 years and older
DOSE AND FREQUENCY	1 capsule every 4 to 6 hours while symptoms last; if pain or fever does not respond to 1 capsule, 2 capsules may be used
MAXIMUM LABELED DOSE	Not to exceed 6 capsules in 24 hours, unless directed by a doctor <i>Total labeled daily dose: 1200 mg</i>

MOTRIN® IB Caplets

Active ingredient: ibuprofen (NSAID)*
200 mg (in each caplet)



Use product only as directed.

AGE	Adults and children 12 years and older
DOSE AND FREQUENCY	1 caplet every 4 to 6 hours while symptoms last; if pain or fever does not respond to 1 caplet, 2 caplets may be used
MAXIMUM LABELED DOSE	Not to exceed 6 caplets in 24 hours, unless directed by a doctor <i>Total labeled daily dose: 1200 mg</i>

*Nonsteroidal anti-inflammatory drug.