

Medical Minute

TYLENOL

If you are like me, you think more is always better. Sure, with some things, money, wine, French fries, etc., but research has proved me wrong. Again.

When it comes to acetaminophen, AKA Tylenol, the dose for regular Tylenol is two 325 mg pills, or extra-strength is two 500 mg. ones. Most of us just assume that the higher dose is more effective than the lower one, but that is not what research suggests. There were 51 studies involving almost 6,000 people with postoperative pain and half of them found that their discomfort was better no matter if they took the higher or lower amount.

Even though my motto “**Better Living Through Chemistry**” is still true, in this case, more is not better. But, at least I can admit when I’m wrong which is very rare indeed, right? Since Tylenol can damage the liver, the less you take the better, and if you can take less and feel better—win, win!

