



# LifeSmarts

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This content vocabulary list complements the LifeSmarts OTC Medicine Safety Mentoring Project. See <http://lifesmarts.org/otc/> for more information. LifeSmarts is a program of the National Consumers League, providing confidence and safety in the marketplace since 1899.

## OTC Medicine Safety Vocabulary

1. **active ingredient (Section of the Drug Facts Label)** The ingredient in the medicine that makes it work
2. **brand name drug** A brand name drug sold with a commercial name
3. **directions (Section of the Drug Facts Label)** Indicates the amount or dose of medicine, how often to take it, and how much you can take in one day
4. **dose** The amount of medicine to take
5. **drug** A substance for treatment, or prevention, of disease; intended to affect the structure or a function of the body
6. **Drug Facts Label** Every OTC medicine has a Drug Facts Label printed on the package. This label gives you important information about what the medicine does, how to take it safely, and who shouldn't take it
7. **generic drug** A drug that is the same as a brand name drug in dosage, safety, strength, how it is taken, quality, performance, and intended use
8. **inactive ingredient (Section of the Drug Facts Label)** Ingredient not intended to treat symptoms, such as color or flavorings
9. **medicine** A substance for treatment, or prevention, of disease; same as drug
10. **medicine misuse** Taking a drug for a purpose or in a way that is not intended
11. **OTC** Over-the-Counter medicine that is bought in a pharmacy, drugstore, or supermarket and obtained without the need for a doctor's prescription
12. **Other information (Section of the Drug Facts Label)** Additional information on the Drug Facts Label including how to store the medicine
13. **overdose** Using more medicine than recommended on the label or prescribed
14. **pharmacist** A professional whose job it is to prepare and dispense medicine
15. **pharmacy** A place where prescription and OTC drugs can be purchased
16. **physician** A doctor, a professional who practices medicine
17. **Poison Control Centers** Offer free, confidential, expert medical advice 24 hours a day, seven days a week through the Poison Help line at 1-800-222-1222 and online at [www.PoisonHelp.org](http://www.PoisonHelp.org)
18. **prescription** Medicine that is specially ordered for you by a doctor or other qualified healthcare practitioner, available only from a pharmacist
19. **questions (Section of the Drug Facts Label)** Company phone number to call
20. **Rx** Prescription medicine
21. **self-medicate** Choosing to take medicine by yourself
22. **side effects** Unwanted and/or unexpected effects from a medicine
23. **strength** How much of the active ingredient is present in each unit (for example, each pill)
24. **symptoms** Physical or mental conditions that may indicate illness and can be described by the person feeling them
25. **uses (Section of the Drug Facts Label)** The symptoms the medicine treats
26. **warnings (Section of the Drug Facts Label)** Safety information including side effects, the questions you should ask a doctor before taking the medicine, and which medicines to avoid using at the same time