

# Exhibit “K”



## How does it work?

Ibuprofen is an NSAID, a type of medication with analgesic, antipyretic (fever-reducing), and, in higher doses, anti-inflammatory effects.

A non-steroidal drug is not a steroid. Steroids often have similar effects, but long-term use can cause severe adverse effects. Most NSAIDs are non-narcotic, so they do not cause insensibility or stupor.



Ibuprofen is an NSAID that is widely available and reduces swelling, inflammation, and pain.

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Ibuprofen, aspirin, and naproxen are all well-known NSAIDs, partly because they are available over the counter (OTC) from pharmacies.

Ibuprofen works by blocking the production of prostaglandins, substances that the body releases in response to illness and injury.

Prostaglandins cause pain and swelling, or inflammation. They are released in the brain, and they can also cause fever.

Ibuprofen's painkilling effects begin soon after taking a dose. The anti-inflammatory effects can take longer, sometimes several weeks.

View this article online at <https://patient.info/medicine/ibuprofen-for-pain-and-inflammation-brufen-calprofen-nurofen>

# Ibuprofen for pain and inflammation (Brufen, Calprofen, Nurofen)

Ibuprofen is a medicine called a non-steroidal anti-inflammatory drug. It is also known as 'an NSAID'.

Speak with a doctor before taking ibuprofen if you have ever had a bad reaction to any other anti-inflammatory painkiller.

Take ibuprofen with a meal or a snack.

## About ibuprofen

**Type of medicine** A non-steroidal anti-inflammatory drug (NSAID)

**Used for** Relief of pain, inflammation, or fever

**Also called** Brufen®; Calprofen®; Cuprofen®; Fenpaed®; Ibucalm®; Mandafen®; Nurofen®; Orbifen®

**Available as** Tablets, capsules, effervescent granules, oral liquid medicine, modified-release tablets, orodispersible (melt in the mouth) tablets, chewable capsules for children

Anti-inflammatory painkillers like **ibuprofen** are also called non-steroidal anti-inflammatory drugs (NSAIDs), or sometimes just 'anti-inflammatories'. Ibuprofen is used to treat painful conditions such as arthritis, sprains and strains, period (menstrual) pain, migraine headaches, dental pain, and pain after surgical operations. It eases pain and reduces inflammation. Ibuprofen can also be used to relieve cold and 'flu-like' symptoms including high temperature (fever). It can be taken by adults and by children over the age of 3 months.

Ibuprofen works by blocking the effect of natural chemicals called cyclo-oxygenase (COX) enzymes. These enzymes help to make other chemicals in the body, called prostaglandins. Some prostaglandins are produced at sites of injury or damage, and cause pain and inflammation. By blocking the effect of COX enzymes, fewer prostaglandins are produced, which means pain and inflammation are eased.

Ibuprofen is available on prescription, and you can also buy a number of preparations which contain ibuprofen without a prescription at pharmacies and other retail outlets.

Ibuprofen is also available as a gel which can be applied directly to your skin to help relieve muscle and joint pain - there is more information about this in a separate medicine leaflet called Ibuprofen gel for pain relief.

## Before taking ibuprofen

Some medicines are not suitable for people with certain conditions, and sometimes a medicine can only be used if extra care is taken. For these reasons, before you start taking ibuprofen, it is important that your doctor, dentist, or pharmacist knows:

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## Ibuprofen: Uses, interactions, and side effects

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*Last updated: Wed 21 June 2017*

Ibuprofen is commonly used to relieve the symptoms of arthritis, fever, and menstrual and other types of pain.

It is a non-steroidal anti-inflammatory drug (/articles/179211.php) (NSAID).

It also has an antiplatelet effect, which means it protects from blood clots, but to a lesser degree than aspirin (/articles/161255.php).

The World Health Organization (WHO) includes ibuprofen in a list of the minimum medical needs (/http://refbooks.msf.org/msf\_docs/en/essential\_drugs/ed\_en.pdf) for a basic healthcare system known as its "Essential Drugs List."

Ibuprofen brand names include Brufen, Calprofen, Genpril, Ibu, Midol, Nuprin, Cuprofen, Nurofen, Advil, and Motrin, among others.

When buying medication at a pharmacy, the packaging will state whether a product contains ibuprofen.

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