

**Medicine: Paracetamol**

**Purpose:** Pain relief and fever reduction

**Side effects:** Nausea, skin rash, liver damage (rare)

**Drug composition:** Paracetamol 500mg/tablet

**Key ingredients:** N-acetyl-p-aminophenol (Paracetamol)

**Age group:** Adults and children over 6 years

**Dosage:**

- **Adults:** 1-2 tablets (500–1000mg) every 4–6 hours; maximum 4000mg per day
- **Children (6–12 years):** 250–500mg every 4–6 hours; maximum 2000mg per day

**Timing:** Can be taken with or without food; maintain at least 4-hour intervals between doses

=====

**Medicine: Amoxicillin**

**Purpose:** Treatment of bacterial infections (e.g., respiratory tract, urinary tract, ear, sinus, and skin infections)

**Side effects:** Diarrhea, nausea, skin rash, vomiting, allergic reactions (rare), yeast infections (rare)

**Drug composition:** Amoxicillin 500mg/capsule or 125mg/5mL in suspension

**Key ingredients:** Amoxicillin trihydrate

**Age group:** Adults and children over 3 months

**Dosage:**

- **Adults:** 500mg every 8 hours or 875mg every 12 hours
- **Children (3 months and older):** 20–40mg/kg/day in divided doses every 8 hours or 25–45mg/kg/day every 12 hours

**Timing:** Best taken at the start of a meal to improve absorption and reduce gastrointestinal upset; maintain consistent 8–12 hour intervals

=====

**Medicine: Omeprazole**

**Purpose:** Treatment of acid reflux, gastric ulcers, GERD, and Zollinger-Ellison syndrome

**Side effects:** Headache, abdominal pain, nausea, diarrhea, constipation, flatulence

**Drug composition:** Omeprazole 20mg/capsule

**Key ingredients:** Omeprazole magnesium or omeprazole sodium

**Age group:** Adults and children over 1 year (with specific conditions)

**Dosage:**

- **Adults:** 20mg once daily; can be increased to 40mg for severe conditions
- **Children (1–16 years):**
  - 10–20kg: 10mg once daily
  - 20kg: 20mg once daily

**Timing:** Take 30–60 minutes before a meal, preferably in the morning; once daily unless directed otherwise

=====

**Medicine: Metformin**

**Purpose:** Blood sugar control in type 2 diabetes mellitus

**Side effects:** Nausea, diarrhea, stomach upset, metallic taste, vitamin B12 deficiency (long-term), lactic acidosis (rare)

**Drug composition:** Metformin hydrochloride 500mg/tablet

**Key ingredients:** Metformin hydrochloride

**Age group:** Adults and children over 10 years

**Dosage:**

- **Adults:** Start with 500mg once or twice daily; maximum 2000–2550mg/day in divided doses
- **Children (≥10 years):** 500mg twice daily; can be titrated up to 2000mg/day

**Timing:** Take with meals to reduce gastrointestinal side effects; usually morning and evening with food

=====

**Medicine: Aspirin**

**Purpose:** Pain relief, anti-inflammatory, antipyretic, and blood thinner (prevents heart attack and stroke)

**Side effects:** Stomach pain, heartburn, nausea, bleeding tendency, ulcers (prolonged use), tinnitus (high dose)

**Drug composition:** Aspirin 75mg (low-dose) or 325mg/tablet

**Key ingredients:** Acetylsalicylic acid

**Age group:** Adults and children over 16 years (unless under strict medical supervision)

**Dosage:**

- **Pain/fever (Adults):** 325–650mg every 4–6 hours; maximum 4000mg/day

- **Cardiovascular protection:** 75–100mg once daily
- **Pediatrics:** Not recommended due to risk of Reye's syndrome

**Timing:** Take after meals to minimize gastric irritation; maintain at least 4–6 hour intervals between doses

=====