

# KNOW WHAT YOU TAKE



## IMPACT OF **WRONG MEDS** ON BODY



OVER-THE-COUNTER & NON-PRESCRIBED SUBSTANCES HAVE...



## IMPACT OF **WRONG MEDS** ON PERFORMANCE

**ON FIELD**

**OFF FIELD**

POOR GAME PERFORMANCE



WEAKENED IMMUNE SYSTEM

DECREASED ENDURANCE



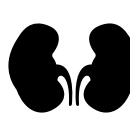
APPETITE CHANGES

LOWER REACTION TIME



LIVER

BRAIN



GI

KIDNEY

DAMAGE OR FAILURE

## WHAT SHOULD YOU **DO**...



### ASK YOUR DOCTOR

- Are all the things you are taking FDA approved?
- Are there any risks?
- Are there any safe alternatives?



### ASK PHARMACIST

- Are there any potential interactions with other things?
- Are there any safety concerns?



### TRACK WHAT YOU TAKE

- Valuable resource in case of medical emergency
- Good reminder to ensure right medications are taken



### ACCESS ONLINE RESOURCES

[nflpa.com/injuries](http://nflpa.com/injuries)

OR

Scan the QR code

