

To Be Safe:

Maximum Daily Dose of Tylenol

Extra Strength Tylenol: Six caplets, not eight.

Regular Strength Tylenol: Eight tablets, not twelve.

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Study Documents Tylenol Liver Toxicity High Doses Could Cause Organ Damage

The highest recommended dose of Extra Strength Tylenol sharply increased liver enzymes in healthy adults in a clinical study, an early sign of possible organ damage. Although overdoses of Tylenol can harm the liver, the study published today in the Journal of the American Medical Association is the first to spot hints of trouble in healthy people taking the pain reliever as directed.