



VERSUS **PARACETAMOL VS IBUPROFEN**

PAIN AND GAIN

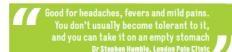
It's the classic pharma conundrum: which to smash in case of emergency? To end the inflammatory debate, MH puts two common painkillers under the microscope

PARACETAMO

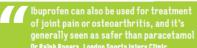
For 4000mg, or eight own-brand tablets - the maximum daily dose

IBUPROFEN

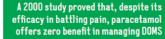
The cost of your one-day max of 1600mg. That's only four pills to pop















Though it won't restore muscle function, anti-inflammatory ibuprofen is your friend when suffering post-leg day pain















Ball too hard last night? Dr Rogers, a medical advisor to the NBA, suggests paracetamol, plus proper rehydration







Dr Humble recommends slamming a cocktail of ibuprofen *and* paracetamol with plenty of water. And a full English

Inflammation is how the body deals with harm. Taking paracetamol 1-2 days after injury lets your body do its thing







Further down the line, anti-inflamms such as ibuprofen will quell excessive inflammation and aid muscle recovery















THE MH VERDICT: IBUPROFEN WINS!

An easy pill to swallow for the one in three who don't know the difference anyway, but ibuprofen's anti-inflammatory firepower blows paracetamol out of the pharmacy. Just use the lowest effective dose, and use sparingly. You can tough out the odd case of DOMS.

28 MEN'S HEALTH MENSHEALTH COLLIK