

CABINET:

Sleep Aid



Active Ingredients (in each softgel)

Purpose

Diphenhydramine HCl 25 mg.....nighttime sleep-aid

Uses

- for the relief of occasional sleeplessness
- reduces time to fall asleep if you have difficulty falling asleep

Warnings

Do not use • for children under 12 years of age • with any other product containing diphenhydramine, even one used on skin

Ask a doctor before use if you have • a breathing problem such as asthma, emphysema, or chronic bronchitis • glaucoma

- difficulty in urination due to enlargement of the prostate gland

Ask a doctor or pharmacist before use if you are taking sedatives, tranquilizers or any other sleep aid

When using this product • avoid alcoholic beverages

Stop use and ask a doctor if sleeplessness persists continuously for more than 2 weeks. Insomnia may be a symptom of serious underlying medical illness.

If pregnant or breast-feeding, ask a health professional before use. **Keep out of reach of children.** In case of overdose, get medical help or contact a Poison Control Center right away. (1-800-222-1222)

Directions

- take only one dose per day (24 hours) adults & children 12 yrs & over: One dose = TWO 25 mg softgels (50 mg) at bedtime if needed or as directed by a doctor
- children under 12 years: do not use

Other Information

- store at 20-25° C (68-77° F)
- avoid excessive heat above 40°C (104° F) and high humidity
- Protect from light

Inactive Ingredients

FD&C Blue No. 1, FD&C Red No. 40, gelatin, glycerin, polyethylene glycol 400, propylene glycol, purified water, sorbitol sorbitan, titanium dioxide