

# CABINET:

## Sleep Aid



### Active Ingredients (in each softgel)

### Purpose

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

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### Uses

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

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### 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)

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### 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

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### Other Information

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

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### 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

# CABINET:

## Sleep Aid



### Active Ingredients (in each softgel)

### Purpose

Melatonin 5 mg.....nighttime sleep-aid

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### Warnings

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reaction occurs. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature.

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### Directions

Adults take one (1) softgel daily at bedtime as Melatonin may produce drowsiness.

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### Other Ingredients

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