DRUG FACTS

Active ingredient(s) ***Purpose***

Use(s)

- for the temporary relief of these symptoms associated with menstrual periods:
- cramps
- bloating
- water-weight gain
- headache
- backache
- breast tenderness
- fatigue
- muscle aches

Warnings

Liver warning: This product contains acetaminophen. Severe liver damage may occur if you take:

- more than 8 caplets in 24 hours, which is the maximum daily ammount
- with other drugs containing acetaminophen
- 3 or more alcoholic drinnks every day while using this product

Do not use

- with any other drug containing acetaminophen (prescription or nonprescription). If you are not sure whether a drug contains acetaminophen, ask a doctor or pharmacist.

Ask a doctor before use if you have

- difficulty in urination due to enlargement of the prostate gland
- liver disease
- a breathing problem such as emphysema or chronic bronchitis
- glaucoma

Ask a doctor or pharmacist before use if you are

- taking the blood thinning drug warfarin
- taking sedatives or tranquilizers

When using this product

- you may get drowsy
- be careful when driving a motor vehicle or operating machinery
- avoid alcoholic drinks
- excitability may occur, especially in children
- alcohol, sedatives and tranquilizers may increase drowsiness
- limit the use of caffeine-containing medications, foods, or beverages while taking this product because too much caffeine may cause nervousness, irritability, sleeplessness, and, occasionally, rapid heartbeat. The recommended dose of this product contains about as much caffeine as a cup of coffee.

Stop use and ask a doctor if

- new symptoms appear
- redness or swelling is present
- pain gets worse or lasts more than 10 days

These could be signs of a serious condition.

If pregnant or breast-feeding

Keep out of reach of children

Overdose warning: Taking more than the recommended dose (overdose) may cause liver damage. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

- do not take more than the recommended dose
  (see Overdose warning)
- adults and children 12 years and older: take 2 caplets with water. Repeat every 6 hours, as needed. Do not exceed 8 caplets in 24 hours.
- children under 12 years: do not use this adult product in children under 12 years of age; this will provide more than the recommended dose (overdose) and may cause liver damage

Other information

- store at controlled room temperature 15º-30ºC (59º-86ºF)
- see end flap for expiration date and lot number

Inactive ingredients

corn starch, croscarmellose sodium, crospovidone, hypromellose, magneium stearate, microcrystalline cellulose, polydextrose, polyethylene glycol, povidone, silica gel, stearic acid, titanium dioxide, triacetin