

***DRUG FACTS***

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

***Use(s)***

- relief of occasional sleeplessness

***Warnings***

**Do not use**

- in 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**

- glaucoma
- a breathing problem such as emphysema or chronic bronchitis
- trouble urinating due to an enlarged prostate gland

**Ask a doctor or pharmacist before use if you are**

- taking sedatives or tranquilizers

**When using this product**

- drowsiness will occur
- avoid alcoholic drinks
- do not drive a motor vehicle or operate machinery

**Stop use and ask a doctor if**

- sleeplessness persists continuously for more than 2 weeks. Insomnia may be a symptom of a serious underlying medical illness.

**If pregnant or breast-feeding**

**Keep out of reach of children**  
**Overdose warning:** In case of overdose, get medical help orIn case of overdose, get medical help or contact a Poison Control Center right away. Quick medical attention is critical even if you do not notice any signs or symptoms.

***Directions***

- **do not take more than directed** (see **Overdose warning**)
- adults and children 12 years and over: take 2 caplets at bedtime if needed or as directed by a doctor
- children under 12 years: do not use

***Other information***

- store at controlled room temperature 15°-30°C (59°-86°F)
- see end flap for expiration date and lot number

***Inactive ingredients***

corn starch, dicalcium phosphate, FD&C blue #1 aluminum lake, magnesium stearate, microcrystalline cellulose, polyethylene glycol, polyvinyl alcohol, silica gel, stearic acid, talc, titanium dioxide