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