

**HEADACHE RELIEF PM- acetaminophen, aspirin, diphenhydramine  
citrate tablet, film coated  
Valu Merchandisers Company**

-----  
**Best Choice 44-674**

***Active ingredients (in each caplet)***

Acetaminophen 250 mg

Aspirin 250 mg (NSAID)\*

Diphenhydramine citrate 38 mg

\*nonsteroidal anti-inflammatory drug

***Purpose***

Pain reliever

Pain reliever

Nighttime sleep-aid

***Uses***

for the temporary relief of occasional headaches and minor aches and pains with accompanying sleeplessness

***Warnings***

**Reye's syndrome:** Children and teenagers who have or are recovering from chicken pox or flu-like symptoms should not use this product. When using this product, if changes in behavior with nausea and vomiting occur, consult a doctor because these symptoms could be an early sign of Reye's syndrome, a rare but serious illness.

**Allergy alert:** Aspirin may cause a severe allergic reaction, which may include:

- hives
- facial swelling
- shock
- asthma (wheezing)

**Allergy alert:** Acetaminophen may cause severe skin reactions. Symptoms may include:

- blisters
- rash
- skin reddening

If a skin reaction occurs, stop use and seek medical help right away.

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

- more than 4,000 mg of acetaminophen in 24 hours

- 3 or more alcoholic drinks every day while using this product
- with other drugs containing acetaminophen

**Stomach bleeding warning:** This product contains an NSAID, which may cause severe stomach bleeding. The chance is higher if you

- are age 60 or older
- have 3 or more alcoholic drinks every day while using this product
- have had stomach ulcers or bleeding problems
- take other drugs containing prescription or nonprescription NSAIDs [aspirin, ibuprofen, naproxen or others]
- take more or for a longer time than directed
- take a blood thinning (anticoagulant) or steroid drug

**Do not use**

- if you have ever had an allergic reaction to acetaminophen, aspirin, or any other pain reliever/fever reducer
- in children under 12 years of age
- with any other drug containing acetaminophen (prescription or nonprescription). If you are not sure whether a drug contains acetaminophen, ask a doctor or pharmacist.
- with any other product containing diphenhydramine, even one used on skin

**Ask a doctor before use if**

- stomach bleeding warning applies to you
- you have a history of stomach problems, such as heartburn
- you have glaucoma
- you have asthma
- you have difficulty in urination due to enlargement of the prostate gland
- you are taking a diuretic
- you have a breathing problem such as emphysema or chronic bronchitis
- you have liver disease
- you have high blood pressure, heart disease, liver cirrhosis, or kidney disease

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

- a prescription drug for:
  - diabetes
  - gout
  - arthritis
- any other drug, or are under a doctor's care for any serious condition
- sedatives or tranquilizers
- any product that contains aspirin, acetaminophen, or any other pain reliever/fever reducer

**When using this product**

- avoid alcoholic beverages
- drowsiness may occur
- do not drive a motor vehicle or operate machinery

**Stop use and ask a doctor if**

- an allergic reaction occurs. Seek medical help right away.
- you experience any of the following signs of stomach bleeding:
  - feel faint
  - vomit blood
  - have bloody or black stools
  - have stomach pain that does not get better
- ringing in the ears or a loss of hearing occurs
- pain gets worse or lasts for more than 10 days
- redness or swelling is present
- new symptoms occur
- sleeplessness persists continuously for more than 2 weeks. Insomnia may be a symptom of a serious underlying medical illness.

These could be signs of a serious condition.

### **If pregnant or breast-feeding,**

ask a health professional before use. It is especially important not to use aspirin during the last 3 months of pregnancy unless definitely directed to do so by a doctor because it may cause problems in the unborn child or complications during delivery.

### **Keep out of reach of children.**

In case of accidental overdose, get medical help or contact a Poison Control Center (1-800-222-1222) right away. Prompt medical attention is critical for adults as well as for children even if you do not notice any signs or symptoms.

### ***Directions***

- **do not take more than directed**
- adults and children 12 years and over: take 2 caplets at bedtime, with a full glass of water
- do not take more than 2 caplets in 24 hours, unless directed by a doctor
- children under 12 years: do not use

### ***Other information***

- store at 25°C (77°F); excursions permitted between 15°C-30°C (59°F-86°F)
- see end flap for expiration date and lot number

### ***Inactive ingredients***

corn starch, croscopovidone, FD&C blue #1 aluminum lake, hypromellose, maltodextrin, medium chain triglycerides, microcrystalline cellulose, polydextrose, povidone, sodium lauryl sulfate, sodium starch glycolate, sodium sulfate, stearic acid, talc, titanium dioxide, yellow iron oxide, zinc stearate

### ***Questions or comments?***

**1-800-426-9391**

***Principal Display Panel***

COMPARE TO THE ACTIVE INGREDIENTS IN EXCEDRIN® PM HEADACHE†

Best  
Choice®

**Headache Relief PM**

**ACETAMINOPHEN**

**Aspirin (NSAID)**

**Diphenhydramine citrate**

Pain Reliever/Nighttime Sleep Aid

Caffeine Free

Actual Size

**50 Caplets**

**Non-Habit Forming**

**TAMPER EVIDENT: DO NOT USE IF IMPRINTED  
SAFETY SEAL UNDER CAP IS BROKEN OR MISSING**

†This product is not manufactured or distributed by Novartis AG,  
owner of the registered trademark Excedrin® PM Headache.  
50844 REV0418A67415

**PROUDLY DISTRIBUTED BY:  
VALU MERCHANDISERS, CO.  
5000 KANSAS AVE  
KANSAS CITY, KS 66106**

Best Choice®

**100% Guaranteed**

[www.bestchoicebrand.com](http://www.bestchoicebrand.com)



Ingredient Name	Basis of Strength	Strength
<b>ACETAMINOPHEN</b> (UNII: 362O9ITL9D) (ACETAMINOPHEN - UNII:362O9ITL9D)	ACETAMINOPHEN	250 mg
<b>ASPIRIN</b> (UNII: R16CO5Y76E) (ASPIRIN - UNII:R16CO5Y76E)	ASPIRIN	250 mg
<b>DIPHENHYDRAMINE CITRATE</b> (UNII: 4OD433S209) (DIPHENHYDRAMINE - UNII:8GTS82S83M)	DIPHENHYDRAMINE CITRATE	38 mg

### Inactive Ingredients

Ingredient Name	Strength
<b>STARCH, CORN</b> (UNII: O8232NY3SJ)	
<b>CROSPVIDONE, UNSPECIFIED</b> (UNII: 2S7830E561)	
<b>FD&amp;C BLUE NO. 1 ALUMINUM LAKE</b> (UNII: J9EQA3S2JM)	
<b>HYPROMELLOSE, UNSPECIFIED</b> (UNII: 3NXW29V3WO)	
<b>MALTODEXTRIN</b> (UNII: 7CVR7L4A2D)	
<b>MEDIUM-CHAIN TRIGLYCERIDES</b> (UNII: C9H2L21V7U)	
<b>MICROCRYSTALLINE CELLULOSE</b> (UNII: OP1R32D61U)	
<b>POLYDEXTROSE</b> (UNII: VH2XOU12IE)	
<b>POVIDONE, UNSPECIFIED</b> (UNII: FZ989GH94E)	
<b>SODIUM LAURYL SULFATE</b> (UNII: 368GB5141J)	
<b>SODIUM STARCH GLYCOLATE TYPE A POTATO</b> (UNII: 5856J3G2A2)	
<b>SODIUM SULFATE</b> (UNII: 0YPR65R21J)	
<b>STEARIC ACID</b> (UNII: 4ELV7Z65AP)	
<b>TALC</b> (UNII: 7SEV7J4R1U)	
<b>TITANIUM DIOXIDE</b> (UNII: 15FIX9V2JP)	
<b>FERRIC OXIDE YELLOW</b> (UNII: EX438O2MRT)	
<b>ZINC STEARATE</b> (UNII: H92E6QA4FV)	

### Product Characteristics

<b>Color</b>	blue	<b>Score</b>	no score
<b>Shape</b>	OVAL	<b>Size</b>	17mm
<b>Flavor</b>		<b>Imprint Code</b>	674
<b>Contains</b>			

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:63941-674-15	1 in 1 CARTON	08/31/2016	
1		50 in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product		

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M013	08/31/2016	

**Labeler** - Valu Merchandisers Company (868703513)

## Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		038154464	pack(63941-674)

## Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		832867837	manufacture(63941-674)

## Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		832867894	manufacture(63941-674)

## Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		967626305	pack(63941-674)

## Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		117025878	manufacture(63941-674)

Revised: 11/2023

Valu Merchandisers Company