

DIUREX WATER PILLS XPL- caffeine tablet, film coated
Alva-Amco Pharmacal Companies, Inc.

Diurex XPL

Active ingredient (in each pill)

Caffeine Anhydrous, 100 mg

Purpose

Diuretic

Uses

For relief of symptoms associated with the premenstrual and menstrual periods including:

- temporary water retention
- bloat
- swelling
- full feeling
- fatigue

Warnings

Ask a doctor before use if

- taking any other medications
- under 18 years of age. Do not give to children under 12 years of age.

When using this product, limit the use of caffeine-containing medications, foods or beverages because too much caffeine may cause:

- nervousness
- irritability
- sleeplessness
- occasional rapid heart beat. The recommended dose of this product contains about as much caffeine as one to two cups of coffee.

Stop use and ask a doctor if symptoms last for more than ten consecutive days.

If pregnant or breastfeeding, 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.

Directions

- Read all package directions and warnings before use.
- Use only as directed.
- Adults: One (1) pill (100mg) or two (2) pills (200 mg maximum strength) every 3 to 4 hours while symptoms persist, not to exceed 8 pills in a 24 hour period.
- Start taking 5 or 6 days before onset of period and continue use until desired relief is obtained or end of period.
- Drink 6 to 8 glasses of water daily.
- Recommended for use by normally healthy adults only.

Other information

- Calcium content: 30 mg/pill
- ****Contents sealed:** Each DIUREX light green colored, round shaped pill bears the identifying mark "ALVA" and is sealed in a clear plastic blister with a foil backing. Do not use if seal appears broken or if product contents do not match product description.
- You may report serious side effects to the phone number provided under Questions? below.

Inactive ingredients

Acacia, calcium carbonate, croscarmellose sodium, D&C Yellow No. 10 Lake, ethyl vanillin, FD&C Blue No. 1 Lake, FD&C Blue No. 2 Lake, hypromellose, lactose, magnesium silicate, magnesium stearate, maltodextrin, microcrystalline cellulose, polyethylene glycol, polysorbate, stearic acid and titanium dioxide.

Questions? 1-800-792-2582

Datos Farmacológicos

Ingrediente activo (en cada comprimido)	Propósito
Cafeína anhidra 100mg.....	Diurético

Usos Para el alivio de: ■ retención temporal de líquidos ■ distensión abdominal ■ hinchazón ■ sensación de saciedad ■ fatiga asociada con los periodos menstruales y premenstruales.

Advertencias

Consulte con su médico antes de usarlo si ■ está tomando cualquier otro medicamento ■ es menor de 18 años de edad. No administrar a niños menores de 12 años de edad.

Cuando use este producto, limite el uso de medicamentos, alimentos o bebidas que contengan cafeína ya que demasiada cafeína puede provocar: ■ nerviosismo ■ irritabilidad ■ insomnio ■ latidos cardíacos rápidos ocasionales. La dosis recomendada de este producto contiene aproximadamente la misma cantidad de cafeína que dos tazas de café.

Interrumpa el uso y consulte con su médico si los síntomas duran más de diez días consecutivos.

Si está embarazada o está amamantando, consulte con un profesional de la salud antes de usarlo.

Mantener fuera del alcance de los niños. En caso de sobredosis, obtenga ayuda médica o comuníquese de inmediato con un centro de toxicología.

Indicaciones ■ Lea todas las indicaciones y advertencias del envase antes de usarlo. ■ Úselo solo de acuerdo con las indicaciones. ■ Adultos: Un (1) comprimido (100 mg) o dos (2) comprimidos (concentración máxima 200 mg) cada 3 a 4 horas mientras los síntomas persistan, sin exceder los 8 comprimidos en un periodo de 24 horas. ■ Tome de 6 a 8 vasos de agua todos los días. ■ Recomendado solo para uso en adultos normalmente sanos. ▶

Datos Farmacológicos (continuación)

Información adicional ■ Contenido de calcio: 30 mg/comprimido ■ Identificación: Comprimido redondo de color verde claro que lleva la marca identificatoria "ALVA". ■ ****El contenido está sellado:** Cada comprimido de DIUREX está sellado en un blister de plástico transparente con un recubrimiento posterior de papel aluminio. No lo use si el sello parece estar roto o si el producto no coincide con la descripción del producto. ■ Puede informar efectos secundarios graves al número de teléfono que aparece en la sección *¿Tiene preguntas?* a continuación.

Ingredientes inactivos Acacia, carbonato de calcio, croscarmelosa sódica, D&C amarillo n.º 10 Lake, etil vainillina, FD&C azul n.º 1 Lake, FD&C azul n.º 2 Lake, hipromelosa, lactosa, silicato de magnesio, estearato de magnesio, maltodextrina, celulosa microcristalina, polietilenglicol, polisorbato, ácido esteárico y dióxido de titanio.

¿Tiene preguntas? 1-800-792-2582



06/22-17RC,
1218

gentle diuretic
diurex[®] XPL™
Water Pills



6

NEW LOOK!

diurex[®]
XPL™

Water Pills
RE-ENERGIZE

Píldoras
Diuréticas
ENERGIZANTES

Vea las instrucciones
en español adentro

The active ingredient
in DIUREX XPL™ has
been recognized to be
safe & effective by an
FDA Expert Advisory
Panel when used as
directed.

Contains no
gluten ingredients

**Contents Sealed
*Based on independent
syndicated market
research data.

www.DIUREX.com

gentle diuretic
diurex[®]
XPL™

Water Pills RE-ENERGIZE

Feel Better &
Less Heavy

Effective Menstrual
Bloat Relief

22
PILLS

Relieves Periodic Water Bloat

Prod. No. 06022

Dist.:
ALVA-AMCO Pharmacal Cos., Inc.
Niles, IL 60714, U.S.A.
© 2000-2019 ALVA
® Reg. U.S. Patent and Trademark Office



LOT:

EXP:

CP-233233
01/2019



Drug Facts

Active ingredients (in each pill) Purpose
Caffeine Anhydrous, 100 mg..... Diuretic

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Drug Facts (Continued)

Other information (Continued) and is sealed in a clear plastic blister with a foil backing. Do not use if seal appears broken or if product contents do not match product description. ■ You may report serious side effects to the phone number provided under Questions? below.

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Questions?
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DIUREX WATER PILLS XPL

caffeine tablet, film coated

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:52389-406
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
CAFFEINE (UNII: 3G6A5W338E) (CAFFEINE - UNII:3G6A5W338E)	CAFFEINE	100 mg

Inactive Ingredients

Ingredient Name	Strength
CALCIUM CARBONATE (UNII: H0G9379FGK)	
CROSCARMELOSE SODIUM (UNII: M28OL1HH48)	
ETHYL VANILLIN (UNII: YC9ST449YJ)	
D&C YELLOW NO. 10 (UNII: 35SW5USQ3G)	
FD&C BLUE NO. 1 (UNII: H3R47K3TBD)	
FD&C BLUE NO. 2 (UNII: L06K8R7DQK)	
ACACIA (UNII: 5C5403N26O)	
HYPROMELLOSES (UNII: 3NXW29V3WO)	
TALC (UNII: 7SEV7J4R1U)	
MAGNESIUM STEARATE (UNII: 70097M6I30)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
CELLULOSE, MICROCRYSTALLINE (UNII: OP1R32D61U)	
POLYETHYLENE GLYCOL 400 (UNII: B697894SGQ)	
POLYSORBATE 80 (UNII: 6OZP39ZG8H)	
STEARIC ACID (UNII: 4ELV7Z65AP)	
TITANIUM DIOXIDE (UNII: 15FIX9V2JP)	
LACTOSE MONOHYDRATE (UNII: EWQ57Q8I5X)	

Product Characteristics

Color	green (light green)	Score	no score
Shape	ROUND	Size	10mm
Flavor		Imprint Code	ALVA
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:52389-406-18	1 in 1 CARTON	08/17/2016	06/30/2019
1	NDC:52389-406-02	18 in 1 BLISTER PACK; Type 0: Not a Combination Product		
2	NDC:52389-406-22	1 in 1 CARTON	08/17/2016	
2	NDC:52389-406-01	22 in 1 BLISTER PACK; Type 0: Not a Combination Product		

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M027	08/17/2016	

Labeler - Alva-Amco Pharmacoal Companies, Inc. (042074856)