

**NIGHTTIME SLEEP AID- diphenhydramine hydrochloride capsule, liquid filled  
OUR FAMILY (Nash Finch Company)**

*Disclaimer: Most OTC drugs are not reviewed and approved by FDA, however they may be marketed if they comply with applicable regulations and policies. FDA has not evaluated whether this product complies.*

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**Drug Facts**

**Active ingredient (in each softgel)**

Diphenhydramine HCl 25 mg

**Purpose**

Nighttime sleep-aid

**Uses**

- for the relief of occasional sleeplessness
- reduces time to fall asleep if you have difficulty falling asleep

**Warnings**

**Do not use**

- with any other product containing diphenhydramine, even one used on skin
- for children under 12 years of age
- with other drugs that cause drowsiness such as antihistamines, nighttime cold/flu products, and other nighttime sleep-aids

**Ask a doctor before use if you have**

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

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

taking sedatives or tranquilizers or any other sleep-aid.

**When using this product**

- drowsiness will occur
- avoid alcoholic beverages and other drugs that cause drowsiness
- be careful when driving a motor vehicle or operating 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,**

ask a health professional before use.

**Keep out of reach of children.**

**Overdose warning:** Taking more than directed can cause serious health problems. In case of overdose, get medical help or contact a Poison Control Center right away.

**Directions**

- take only one dose per day (24 hours) - see Overdose warning
- swallow whole; do not crush, chew, or dissolve
- adults & children 12 yrs & over
  - one dose = TWO 25 mg softgels (50 mg) at bedtime if needed or as directed by a doctor

**Other information**

- store at 20-25°C (68-77°F)
- avoid excessive heat above 40°C (104°F) and high humidity
- protect from light

**Inactive ingredients**

FD&C blue #1, FD&C red #40, gelatin, glycerin, polyethylene glycol, purified water, sorbitol-sorbitan solution, titanium dioxide

**Questions or comments?**

Call 1-877-753-3935 Monday-Friday 9AM-5PM EST

**Principal Display Panel**

\*Compare to the active ingredient in ZZZQUIL®

**NIGHTTIME SLEEP-AID**

Diphenhydramine HCl 25 mg

Nighttime Sleep-Aid

Non Habit-Forming

Not for treating Cold or Flu

See Warnings

Softgels

**DISTRIBUTED BY NASH FINCH COMPANY**

7600 FRANCE AVE S, MPLS, MN 55435

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

Product of Canada

**Failure to follow these warnings could result in serious consequences.**

**KEEP OUTER CARTON FOR COMPLETE WARNINGS AND PRODUCT INFORMATION.**

**TAMPER EVIDENT: DO NOT USE IF CARTON IS OPENED OR IF BLISTER UNIT IS TORN, BROKEN OR SHOWS ANY SIGNS OF TAMPERING.**

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## Package Label

<b>Drug Facts</b>	<b>Drug Facts</b> Diphenhydramine HCl 25 mg.....Nighttime sleep-aid
<b>Uses</b>	<ul style="list-style-type: none"> <li>■ for the relief of occasional sleeplessness</li> <li>■ reduces time to fall asleep if you have difficulty falling asleep</li> </ul>
<b>Warnings</b>	<ul style="list-style-type: none"> <li>Do not use <ul style="list-style-type: none"> <li>■ with any other product containing diphenhydramine, even one used on skin</li> <li>■ for children under 12 years of age</li> </ul> </li> <li>■ with other drugs that cause drowsiness such as antihistamines, nighttime cold/flu products, and other nighttime sleep-aids</li> </ul>
<b>Ask a doctor before use if you have</b>	<ul style="list-style-type: none"> <li>■ a breathing problem such as asthma, emphysema, or chronic bronchitis</li> <li>■ glaucoma</li> <li>■ heart disease</li> <li>■ trouble urinating due to an enlarged prostate gland</li> </ul>
<b>When using this product</b>	<ul style="list-style-type: none"> <li>■ drowsiness will occur</li> <li>■ avoid alcoholic beverages and other drugs that cause drowsiness</li> <li>■ be careful when driving a motor vehicle or operating machinery</li> </ul>
<b>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.</b>	

Failure to follow these warnings could result in serious consequences.

<b>Drug Facts (continued)</b>	<b>Drug Facts</b> If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children. Overdose warning: Taking more than directed can cause serious health problems. In case of overdose, get medical help or contact a Poison Control Center right away.
<b>Directions</b>	<ul style="list-style-type: none"> <li>■ take only one dose per day (24 hours) - see Overdose warning</li> <li>■ swallow whole; do not crush, chew, or dissolve</li> <li>■ adults &amp; children 12 yrs &amp; over</li> <li>■ one dose = TWO 25 mg softgels (50 mg) at bedtime if needed or as directed by a doctor</li> </ul>
<b>Other information</b>	<ul style="list-style-type: none"> <li>■ store at 20-25°C (68-77°F)</li> <li>■ avoid excessive heat above 40°C (104°F) and high humidity</li> <li>■ protect from light</li> </ul>
<b>Inactive ingredients</b>	FD&C blue #1, FD&C red #40, gelatin, glycerin, polyethylene glycol, purified water, sorbitol-sorbitan solution, titanium dioxide
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# NIGHTTIME SLEEP-AID

## Diphenhydramine HCl 25 mg

\*Compare to the active ingredient in ZZZQUIL®



# NIGHTTIME SLEEP-AID

## Diphenhydramine HCl 25 mg



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**Non Habit-Forming**  
**Not for treating Cold or Flu**  
**See Warnings**

**24 Softgels**

**KEEP OUTER CARTON  
 TAMPER EVIDENT  
 UNIT IS TOP**

DISTRIBUTED BY **NASH FINCH  
 COMPANY** ©2004, 1996 NFC BRANDS  
 7600 FRANCE AVE S, MPLS, MN 55435  
 www.ourfamilyfoods.com NF18944



Product of Canada

PLD-A  
 FC001750

**Our Family Nighttime Sleep Aid Softgel**

**NIGHTTIME SLEEP AID**

diphenhydramine hydrochloride capsule, liquid filled

**Product Information**

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:70253-225
<b>Route of Administration</b>	ORAL		

**Active Ingredient/Active Moiety**

Ingredient Name	Basis of Strength	Strength
DIPHENHYDRAMINE HYDROCHLORIDE (UNII: TC2D6JAD40) (DIPHENHYDRAMINE - UNII:8GTS82S83M)	DIPHENHYDRAMINE HYDROCHLORIDE	25 mg

**Inactive Ingredients**

Ingredient Name	Strength
FD&C BLUE NO. 1 (UNII: H3R47K3TBD)	
GELATIN (UNII: 2G86QN327L)	
GLYCERIN (UNII: PDC6A3C0OX)	
POLYETHYLENE GLYCOLS (UNII: 3WJQ0SDW1A)	
WATER (UNII: 059QF0KO0R)	
FD&C RED NO. 40 (UNII: WZB9127XOA)	
SORBITOL (UNII: 506T60A25R)	
TITANIUM DIOXIDE (UNII: 15FIX9V2JP)	
SORBITAN (UNII: 6O92ICV9RU)	

**Product Characteristics**

<b>Color</b>	PURPLE	<b>Score</b>	no score
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<b>Shape</b>	CAPSULE	<b>Size</b>	15mm
<b>Flavor</b>		<b>Imprint Code</b>	A41
<b>Contains</b>			

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:70253-225-24	2 in 1 CARTON		
1		12 in 1 BLISTER PACK		

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC MONOGRAPH FINAL	part338	11/30/2013	

**Labeler** - OUR FAMILY (Nash Finch Company) (006962294)

Revised: 12/2013

OUR FAMILY (Nash Finch Company)