SLEEP-AID- diphenhydramine hcl tablet
ARMY AND AIR FORCE EXCHANGE SERVICE

Exchange Select 44-189

Active ingredient (in each tablet)

Diphenhydramine HCl 25 mg

Purpose

Nighttime sleep-aid

Uses

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

Warnings

Do not use

- for 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
- difficulty in urination due to enlargement of the prostate gland

Ask a doctor or pharmacist before use if you are

taking sedatives or tranquilizers.

When using this product

avoid alcoholic beverages.

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.

In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

- **do not take more than directed**
- adults and children 12 years and over: take 2 tablets at bedtime if needed or as directed by a doctor
- children under 12 years: do not use

Other information

- **each tablet contains:** calcium 60 mg
- **TAMPER EVIDENT: DO NOT USE IF OUTER PACKAGE IS OPENED OR BLISTER IS TORN OR BROKEN**
- protect from moisture
- store at 25ºC (77ºF); excursions permitted between 15º-30ºC (59º-86ºF)
- see end flap for expiration date and lot number

Inactive ingredients

croscarmellose sodium, dibasic calcium phosphate dihydrate, FD&C blue #1 aluminum lake, magnesium stearate, microcrystalline cellulose, silicon dioxide, stearic acid

Questions or comments?

1-800-426-9391

Principal Display Panel

exchange√**select**™

Compare to The Active Ingredient of
Original Formula Sominex®*

Sleep Aid
Diphenhydramine HCl 25 mg
Nighttime Sleep-Aid

Actual Size

72 TABLETS

√quality value

*This product is not manufactured or distributed by Medtech Products Inc., owner of the registered trademark Original Formula Sominex®.
50844 REV1019K18923

"SATISFACTION GUARANTEED OR YOUR MONEY BACK"
Manufactured For Your Military Exchanges
Distributed by: LNK International, Inc.

Hauppauge, NY 11788
1-800-426-9391

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

Exchange Select 44-189

SLEEP-AID

diphenhydramine hcl tablet

Product Information

Product Type	HUMAN OTC DRUG	**Item Code (Source)**	NDC:55301-189
Route of Administration	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
CROSCARMELLOSE SODIUM (UNII: M28OL1HH48)	
DIBASIC CALCIUM PHOSPHATE DIHYDRATE (UNII: O7TSZ97GEP)	
FD&C BLUE NO. 1 ALUMINUM LAKE (UNII: J9EQA3S2JM)	
MAGNESIUM STEARATE (UNII: 70097M6I30)	
MICROCRYSTALLINE CELLULOSE (UNII: OP1R32D61U)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
STEARIC ACID (UNII: 4ELV7Z65AP)	

Product Characteristics

Color	blue	**Score**	no score
Shape	ROUND	**Size**	10mm
Flavor		**Imprint Code**	44;189
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:55301-189-23	9 in 1 CARTON	04/10/1990	
1		8 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	M010	04/10/1990	

Labeler - ARMY AND AIR FORCE EXCHANGE SERVICE (001695568)

Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		038154464	pack(55301-189)

Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		832867837	manufacture(55301-189) , pack(55301-189)

Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		967626305	pack(55301-189)

Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		117025878	manufacture(55301-189)