

## **EXCHANGE SELECT SLEEPTIME- diphenhydramine hcl capsule, liquid filled Army & Air Force Exchange Service**

*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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### **Perrigo Company Sleptime 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**

- 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**

- a breathing problem such as emphysema or chronic bronchitis
- glaucoma
- 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 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 (1-800-222-1222).

**Directions**

- take only one dose per day (24 hours)

adults & children 12 yrs & over	2 softgels at bedtime if needed or as directed by a doctor
children under 12 yrs	do not use

**Other information**

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

**Inactive ingredients**

edible ink, FD&C blue #1, FD&C red #40, gelatin, glycerin, polyethylene glycol, purified water, sorbitol sorbitan solution

**Questions or comments?**

**1-800-719-9260**

**Package/Label Principal Display Panel**

exchange select™

Compare to the active ingredient of ZzzQuil®

sleeptime

Diphenhydramine HCl 25 mg

NIGHTTIME SLEEP-AID

Non-Habit Forming

Not for treating Cold or Flu

Actual Size

See Warnings

12 SOFTGELS

quality value



Packaged For: Your Military Exchanges  
By: Perrigo Company  
Allegan, MI USA 49010

**SATISFACTION GUARANTEED  
OR YOUR MONEY BACK**

exchange **select**™

Compare to the active  
ingredient of ZzzQuil®

# sleeptime

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**Questions or comments?** 1-800-719-9260

05253 CZ C1

**CODE AREA**

DO NOT USE IF BLISTER UNIT IS BROKEN OR TORN

# EXCHANGE SELECT SLEEPTIME

diphenhydramine hcl capsule, liquid filled

## Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:55301-052
<b>Route of Administration</b>	ORAL		

## Active Ingredient/Active Moiety

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

## Inactive Ingredients

Ingredient Name	Strength
<b>FD&amp;C BLUE NO. 1</b> (UNII: H3R47K3TBD)	
<b>FD&amp;C RED NO. 40</b> (UNII: WZB9127XOA)	
<b>GELATIN, UNSPECIFIED</b> (UNII: 2G86QN327L)	
<b>GLYCERIN</b> (UNII: PDC6A3C0OX)	
<b>POLYETHYLENE GLYCOL, UNSPECIFIED</b> (UNII: 3WJQ0SDW1A)	
<b>WATER</b> (UNII: 059QF0KO0R)	
<b>SORBITOL</b> (UNII: 506T60A25R)	
<b>SORBITAN</b> (UNII: 6O92ICV9RU)	

## Product Characteristics

<b>Color</b>	PURPLE	<b>Score</b>	no score
<b>Shape</b>	OVAL	<b>Size</b>	15mm
<b>Flavor</b>		<b>Imprint Code</b>	052
<b>Contains</b>			

## Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:55301-052-53	6 in 1 CARTON	03/09/2023	
1		2 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 final	part338	03/09/2023	

Revised: 3/2023

Army & Air Force Exchange Service