

**PAIN RELIEVER PM EXTRA STRENGTH- acetaminophen, diphenhydramine hcl tablet, coated**

**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.*

-----

**DRUG FACTS**

**Active ingredients (in each geltab)**

**Acetaminophen 500 mg**

Diphenhydramine HCl 25 mg

**Purpose**

**Pain reliever**

Nighttime sleep-aid

**Uses**

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

**Warnings**

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

- more than 4,000 mg of acetaminophen in 24 hours
- with other drugs containing acetaminophen
- 3 or more alcoholic drinks every day while using this product

**Do not use**

- 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
- in children under 12 years of age

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

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

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

- taking the blood thinning drug warfarin
- taking sedatives or tranquilizers

**When using this product**

- drowsiness will occur
- avoid alcoholic drinks
- do not drive a motor vehicle or operate machinery

**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.
- new symptoms occur
- redness or swelling is present
- pain gets worse or lasts more than 10 days
- fever gets worse or lasts more than 3 days

These could be signs of a serious condition.

**If pregnant or breast-feeding,**

ask a health professional before use.

**Keep out of reach of children.**

**Overdose warning:** In case of overdose, get medical help or contact a Poison Control Center right away. Quick 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 (see overdose warning)**
- adults and children 12 years and over: take 2 gels at bedtime. Do not take more than 2 gels of this product in 24 hours.
- children under 12 years: do not use

**Other information**

- store at room temperature 15°-30°C (59°-86°F)
- avoid high humidity and excessive heat

**Inactive ingredients**

corn starch, croscarmellose sodium\*, D&C red #27 aluminum lake, edible black ink, FD&C blue #1 aluminum lake, gelatin, glycerin, hypromellose, maltodextrin, microcrystalline cellulose, polyethylene glycol, povidone, purified water, silicon dioxide, sodium starch glycolate\*, stearic acid, titanium dioxide

\*contains one or more of these ingredients

**Questions or comments?**

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

**Principal Display Panel**

Pain Reliever/

Nighttime Sleep-Aid

Non-Habit Forming

Compare to the Active Ingredients in Extra Strength

TYLENOL® PM†

**PAIN RELIEVER PM**

**Acetaminophen 500 mg • Diphenhydramine HCl 25 mg**

**EXTRA STRENGTH**

**GELTABS**

†This product is not manufactured or distributed by McNeil Consumer Healthcare, owner of the registered trademark Extra Strength Tylenol® PM.

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

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

**DISTRIBUTED BY NASH FINCH COMPANY ©2004, 1996**

**NFC BRANDS**

**7600 FRANCE AVE S, MPLS, MN 55435**

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

**Product Label**

Exp. Date:

Lot No.:

0 70253 96217 2

**Drug Facts**

**Active ingredients (in each geltab)**

Acetaminophen 500 mg .....Pain reliever  
Diphenhydramine HCl 25 mg .....Nighttime sleep-aid

**Uses**

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

**Warnings**

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

- more than 4,000 mg of acetaminophen in 24 hours
- with other drugs containing acetaminophen
- 3 or more alcoholic drinks every day while using this product

**Do not use**

- 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
- in children under 12 years of age

**Drug Facts (continued)**

Ask a doctor before use if you have

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

Ask a doctor or pharmacist before use if you are

- taking the blood thinning drug warfarin
- taking sedatives or tranquilizers

When using this product

- drowsiness will occur
- avoid alcoholic drinks
- do not drive a motor vehicle or operate 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.
- new symptoms occur
- redness or swelling is present
- pain gets worse or lasts more than 10 days
- fever gets worse or lasts more than 3 days

These could be signs of a serious condition

If pregnant or breast-feeding, ask a health professional before use.

**Keep out of reach of children.**

**Drug Facts (continued)**

Overdose warning: In case of overdose, get medical help or contact a Poison Control Center right away. Quick 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 (see overdose warning)
- adults and children 12 years and over: take 2 geltabs at bedtime. Do not take more than 2 geltabs of this product in 24 hours.
- children under 12 years: do not use

**Other information**

- store at room temperature 15-30°C (59-86°F)
- avoid high humidity and excessive heat

**Inactive ingredients**

corn starch, croscarmellose sodium\*, D&C red #27 aluminum lake, edible black ink, FD&C blue #1 aluminum lake, gelatin, glycerin, hypromellose, methylcellulose, microcrystalline cellulose, polyethylene glycol, povidone, purified water, silicon dioxide, sodium starch glycolate\*, stearic acid, titanium dioxide

\*contains one or more of these ingredients

**Questions or comments?**

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

PLD-C  
FC000995

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

**TAMPER EVIDENT:**

**DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.**



If you are not satisfied with any brand of your choice - FREE. Replace them with a like brand of the same size. We will refund your money full. Return it to the store where purchased. Our Family brand product, simply put, is better.

distributed by McNeil Consumer Healthcare,  
 Strength Tylenol® PM.  
 DISTRIBUTED BY  
 NFC BRANDS  
 7600 FRANCE AVE S, MPLS, MN 55435  
 www.ourfamilyfoods.com  
 MF17114

†This product is not manufactured or owned by the registered trademark Extra

Pain Reliever/  
Nighttime Sleep-Aid  
Non-Habit Forming



Compare to the Active  
Ingredients in Extra Strength  
Tylenol® PM†

# PAIN RELIEVER PM

Acetaminophen 500 mg • Diphenhydramine HCl 25 mg

EXTRA STRENGTH



**50 GELTABS**

### Our Family Pain Reliever PM Geltab

## PAIN RELIEVER PM EXTRA STRENGTH

acetaminophen, diphenhydramine hcl tablet, coated

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:70253-229
<b>Route of Administration</b>	ORAL		

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
ACETAMINOPHEN (UNII: 362O9ITL9D) (ACETAMINOPHEN - UNII:362O9ITL9D)	ACETAMINOPHEN	500 mg
DIPHENHYDRAMINE HYDROCHLORIDE (UNII: TC2D6JAD40) (DIPHENHYDRAMINE - UNII:8GTS82S83M)	DIPHENHYDRAMINE HYDROCHLORIDE	25 mg

### Inactive Ingredients

Ingredient Name	Strength
STARCH, CORN (UNII: O8232NY3SJ)	
CROSCARMELOSE SODIUM (UNII: M28OL1HH48)	
D&C RED NO. 27 (UNII: 2LRS185U6K)	
FD&C BLUE NO. 1 (UNII: HBR47K3TBD)	
GELATIN (UNII: 2G86QN327L)	
GLYCERIN (UNII: PDC6A3C0OX)	
HYPROMELLOSES (UNII: 3NXW29V3WO)	
MALTODEXTRIN (UNII: 7CVR7L4A2D)	
CELLULOSE, MICROCRYSTALLINE (UNII: OP1R32D61U)	
POLYETHYLENE GLYCOLS (UNII: 3WJQ0SDW1A)	
POVIDONES (UNII: FZ989GH94E)	
WATER (UNII: 059QF0KO0R)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
STEARIC ACID (UNII: 4ELV7Z65AP)	
TITANIUM DIOXIDE (UNII: 15FIX9V2JP)	
ALUMINUM OXIDE (UNII: LM26O6933)	
SODIUM STARCH GLYCOLATE TYPE A CORN (UNII: AG9B65PV6B)	

### Product Characteristics

Color	BLUE, WHITE	Score	no score
Shape	ROUND	Size	13mm
Flavor		Imprint Code	BPI50
Contains			

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:70253-229-50	1 in 1 BOX		
1		50 in 1 BOTTLE, PLASTIC		

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC MONOGRAPH FINAL	part338	03/31/2013	

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

**Registrant** - P and L Development of New York Corporation (800014821)

Revised: 4/2013

OUR FAMILY (Nash Finch Company)