

SLEEP-AID- diphenhydramine hcl tablet
ARMY AND 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.

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 25°C (77°F); excursions permitted between 15°-30°C (59°-86°F)
- 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

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Sleep Aid

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Do not print
Lot & Exp Date ONLY

B-0066E-189-23-R
REV1019K18923

*SATISFACTION GUARANTEED OR YOUR MONEY BACK
Manufactured For: LNK International, Inc.
Hempstead, NY 11788
1-800-426-9391



50844 REV1019K18923

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distributed by Mediatech Products Inc., owner of
the registered trademark Original Formula
Sominex®

Drug Facts (continued)

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diphenhydramine hcl tablet

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:5530 1-189
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)	
FD&C BLUE NO. 1 (UNII: H3R47K3TBD)	
MAGNESIUM STEARATE (UNII: 70097M6I30)	
CELLULOSE, MICROCRYSTALLINE (UNII: OP1R32D61U)	
STEARIC ACID (UNII: 4ELV7Z65AP)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
ANHYDROUS DIBASIC CALCIUM PHOSPHATE (UNII: L11K75P92J)	

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 FINAL	part338	04/10/1990	

Labeler - ARMY AND AIR FORCE EXCHANGE SERVICE (001695568)**Establishment**

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		038154464	PACK(5530 1-189)

Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		832867894	MANUFACTURE(5530 1-189)

Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		832867837	PACK(5530 1-189)

Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		967626305	PACK(5530 1-189)

Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		868734088	PACK(5530 1-189)

Revised: 4/2020

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