

# GEMMA CUT THE CRAMP- aspirin, caffeine tablet, effervescent Rally Labs LLC

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<b>Active ingredients (in each tablet)</b>	<b>Purpose</b>
Aspirin 500 mg (NSAID*).....	Pain reliever
Caffeine 60 mg.....	Pain reliever aid / Alertness aid

\*Nonsteroidal anti-inflammatory drug

## Uses

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### Uses

- For the temporary relief of these symptoms associated with menstrual periods:
- cramps • fatigue • backache • headache • bloating • muscle aches

## Warnings

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### Warnings

**Reye's syndrome:** Children and teenagers who have or are recovering from chicken pox or flu-like symptoms should not use this product. When using this product, if changes in behavior with nausea and vomiting occur, consult a doctor because these symptoms could be an early sign of Reye's syndrome, a rare but serious illness.

**Allergy alert:** Aspirin may cause a severe allergic reaction which may include: • hives • facial swelling • asthma (wheezing) • shock

**Stomach bleeding warning:** This product contains a nonsteroidal anti-inflammatory drug (NSAID), which may cause severe stomach bleeding. The chance is higher if you • are age 60 or older • have had stomach ulcers or bleeding problems • take a blood thinning (anticoagulant) or steroid drug • take other drugs containing prescription or non-prescription NSAIDs (aspirin, ibuprofen, naproxen, or others) • have 3 or more alcoholic drinks every day while using this product • take more or for a longer time than directed

**Caffeine warning** The recommended dose of this product contains about as much caffeine as a cup of coffee. Limit the use of caffeine-containing medications, foods, or beverages because too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally, rapid heart beat. For occasional use only.

**Do not use** if you have ever had an allergic reaction to aspirin or any other pain reliever/fever reducer

## Ask A Doctor Before Use

**Ask a doctor before use if** • stomach bleeding warning applies to you • you have a history of stomach problems, such as heartburn • you have high blood pressure, heart disease, liver cirrhosis, or kidney disease • you are taking a diuretic • you have asthma • you have a sodium-restricted diet

**Ask a doctor or pharmacist before use if you are** taking a prescription drug for • diabetes • gout • arthritis

## Stop Use

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**Stop use and ask a doctor if** • an allergic reaction occurs. Seek medical help right away • you experience any of the following signs of stomach bleeding: • feel faint • vomit blood • have bloody or black stools • have stomach pain that does not get better • pain lasts for more than 10 days or gets worse • new symptoms occur • redness or swelling is present • ringing in the ears or a loss of hearing occurs.

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## If Pregnant or Breastfeeding

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**If pregnant or breastfeeding**, ask a health professional before use. It is especially important not to use aspirin during the last 3 months of pregnancy unless definitely directed to do so by a doctor because it may cause problems in the unborn child or complications during delivery.

## Keep Out Of Reach Of Children

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**Keep out of reach of children.** In case of overdose, get medical help or contact a Poison Control Center right away.

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## Directions

### ***Directions***

Directions: Fully dissolve 1 or 2 tablets in 16 oz. of water and drink.

- Adults and children 12 years and older: 1 or 2 tablets every 6 hours as needed. Do not exceed 8 tablets in 24 hours.
- Children under 12 years: do not use

## Inactive Ingredients

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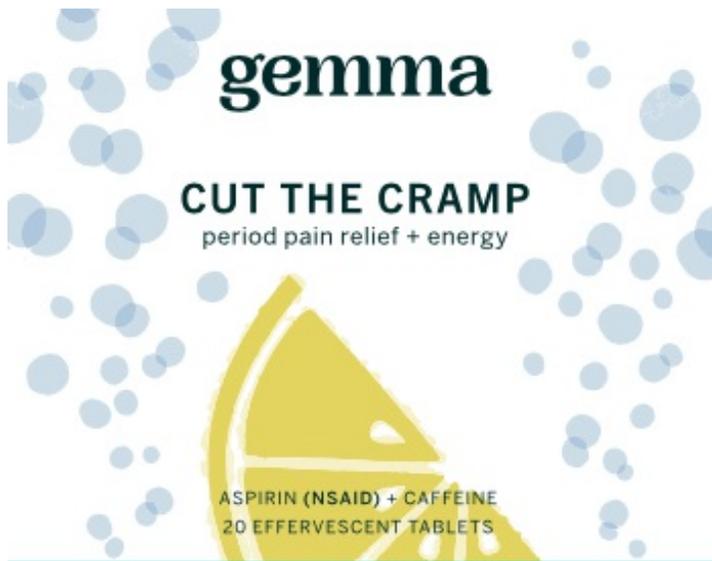
***Inactive Ingredients*** acesulfame potassium, anhydrous citric acid, aspartame, docusate sodium, flavors, mannitol, povidone, sodium benzoate, sodium bicarbonate

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## Purpose

**Active ingredients (in each tablet)**

Aspirin 500 mg (NSAID\*).....Pain reliever  
 Caffeine 60 mg.....Pain reliever aid / Alertness aid  
 \*Nonsteroidal anti-inflammatory drug

**Purpose****GEMMA CUT THE CRAMP**

aspirin, caffeine tablet, effervescent

**Product Information**

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:75920-0465
<b>Route of Administration</b>	ORAL		

**Active Ingredient/Active Moiety**

Ingredient Name	Basis of Strength	Strength
<b>ASPIRIN</b> (UNII: R16CO5Y76E) (ASPIRIN - UNII:R16CO5Y76E)	ASPIRIN	500 mg in 1000 mg
<b>CAFFEINE</b> (UNII: 3G6A5W338E) (CAFFEINE - UNII:3G6A5W338E)	CAFFEINE	60 mg in 1000 mg

**Inactive Ingredients**

Ingredient Name	Strength
<b>SODIUM BICARBONATE</b> (UNII: 8MDF5V39QO)	

**Product Characteristics**

<b>Color</b>	white	<b>Score</b>	score with uneven pieces
<b>Shape</b>	ROUND	<b>Size</b>	26mm
<b>Flavor</b>	LEMON	<b>Imprint Code</b>	
<b>Contains</b>			

**Packaging**

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:75920-0465-2	20 in 1 CARTON	04/23/2024	
1		6816 mg in 1 POUCH; Type 0: Not a Combination Product		

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M013	04/23/2024	

**Labeler** - Rally Labs LLC (965453108)

Revised: 12/2025

Rally Labs LLC