

**NIGHTTIME SLEEP-AID- diphenhydramine hcl capsule, liquid filled  
Whole Foods Market, INC.**

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**whole foods-Diphenhydramine HCl Capsules, 50 mg dye free**

***Active ingredient (in each capsule)***

Diphenhydramine HCl 50 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 ■ be careful when driving a motor vehicle or operating machinery

**Stop use and ask a doctor if**

sleeplessness persists continuously for more than 2 weeks, consult your doctor. 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.

***Directions***

■ **Adults and children 12 years of age and over:** One softgel (50 mg) at bedtime if needed, or as directed by a doctor.

■ swallow whole; do not crush, chew, or dissolve

***Other information***

■ store at 20°C to 25°C (68°F to 77°F) ■ avoid high humidity and excessive heat above 40°C (104°F).

■ protect from light

***Inactive ingredients***

gelatin, glycerin, polyethylene glycol 400, polyethylene glycol 600, propylene glycol, purified water, sorbitol sorbitan solution

***Questions or comments?***

call toll-free **1-888-235-2466 (Mon - Fri 9AM - 5PM EST)**

**DO NOT USE IF TAMPER-EVIDENT SEAL UNDER BOTTLE CAP IS BROKEN OR MISSING.**

**READ AND KEEP CARTON FOR COMPLETE WARNINGS AND INFORMATION**

DISTRIBUTED BY: WHOLE FOODS MARKET | 550 BOWIE STREET, AUSTIN, TX 78703

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**PRODUCT OF INDIA** | \*\*THIS PRODUCT IS NOT MANUFACTURED OR DISIRIBUTED BY THE OWNERS OF UNISOM® SLEEPGELS®

L0000950 R0125

Mfg. Lic. No.: TN00002123

Lot No.:

Exp. Date:

**32s count**

**NDC 42681-0051-1**

**365**

**WHOLE FOODS**

**MARKET**

**Nighttime**

**Sleep-Aid**

**Diphenhydramine HCl**

**Capsules USP, 50 mg**

**Maximum Strength**

**Fall asleep fast & Sleep Soundly**

**safe, non habit-forming**

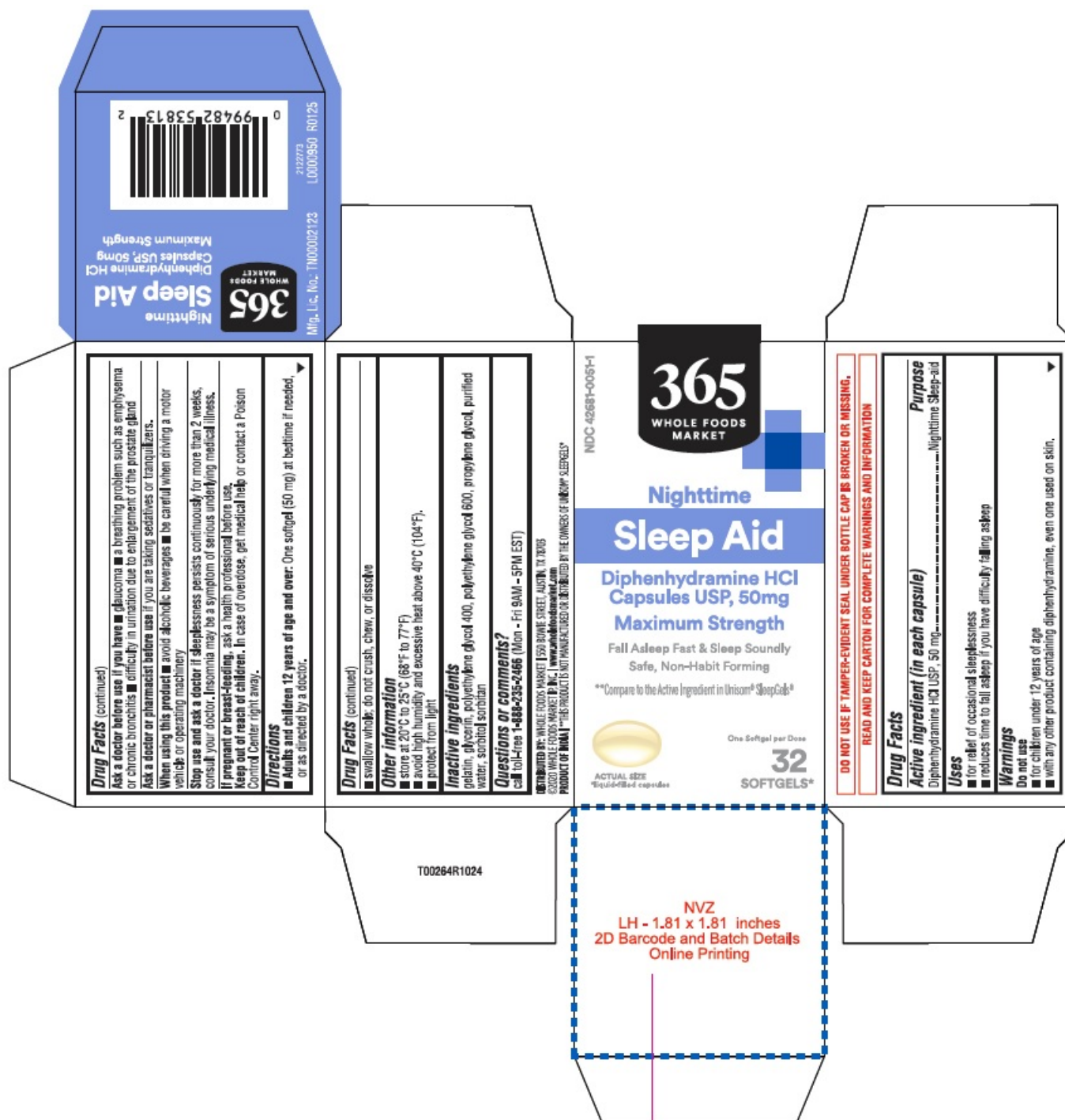
**\*\*Compare to the Active Ingredient in Unisom® SleepGels®**

**One softgel per dose**

**32**

**SOFTGELS\***

**\*Liquid-filled capsules**



## NIGHTTIME SLEEP-AID

diphenhydramine hcl capsule, liquid filled

### Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:42681-0051
Route of Administration	ORAL		

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
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<b>DIPHENHYDRAMINE HYDROCHLORIDE</b> (UNII: TC2D6JAD40) (DIPHENHYDRAMINE - UNII:8GTS82S83M)	DIPHENHYDRAMINE HYDROCHLORIDE	50 mg
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### Inactive Ingredients

Ingredient Name	Strength
<b>POLYETHYLENE GLYCOL 600</b> (UNII: NL4J9F21N9)	
<b>SORBITAN</b> (UNII: 6O92ICV9RU)	
<b>GELATIN</b> (UNII: 2G86QN327L)	
<b>POLYETHYLENE GLYCOL 400</b> (UNII: B697894SGQ)	
<b>WATER</b> (UNII: 059QF0KO0R)	
<b>GLYCERIN</b> (UNII: PDC6A3C0OX)	
<b>PROPYLENE GLYCOL</b> (UNII: 6DC9Q167V3)	
<b>SORBITOL</b> (UNII: 506T60A25R)	

### Product Characteristics

<b>Color</b>	white ((Clear Transparent))	<b>Score</b>	no score
<b>Shape</b>	OVAL	<b>Size</b>	13mm
<b>Flavor</b>		<b>Imprint Code</b>	DF50
<b>Contains</b>			

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:42681-0051-1	1 in 1 CARTON	05/21/2025	
1		32 in 1 BOTTLE; 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	05/21/2025	

**Labeler** - Whole Foods Market, INC. (196175616)

**Registrant** - Bionpharma Inc. (079637826)

### Establishment

Name	Address	ID/FEI	Business Operations
SOFTGEL HEALTHCARE PRIVATE LIMITED		675584180	manufacture(42681-0051)