

NIGHTTIME SLEEP AID- nighttime sleep aid liquid
Allegiant Health

486 - Nighttime Sleep Aid

Active ingredient(s)

Diphenhydramine HCl 50 mg (in each 30 mL)

Purpose

Nighttime sleep-aid

Use(s)

- 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
- with other drugs that cause drowsiness such as antihistamines and nighttime cold/flu product

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

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 breastfeeding,

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 (1-800-222-1222) right away.

Directions

- take only one dose (30 mL) per day (24 hours)
- only use dose cup provided

Age	Dose
adults & children 12 yrs & over	30 mL at bedtime if needed or as directed by a doctor
children under 12 yrs	do not use

Other information

- each 30 mL dose cup contains: sodium 24 mg
- store between 15-30°C (59-86°F).

TAMPER EVIDENT: DO NOT USE IF PRINTED NECK WRAP IS BROKEN OR MISSING

Inactive ingredients

anhydrous citric acid, FD&C Blue #1, FD&C Red #40, flavor, glycerin, menthol, propylene glycol, purified water, sodium benzoate, sodium citrate, sorbitol, sucralose.

Questions/Comments

Call **1-888-952-0050**

(Monday-Friday 9 AM – 5 PM EST)

Principal Display Panel


Health**A2Z**[®]

NDC 69168-486-39
"Compare to active
ingredient in ZzzQuil"
Nighttime Sleep-Aid

Nighttime
Sleep Aid

Diphenhydramine HCl 50 mg per 30 mL

Relieves Occasional
Sleeplessness
Not for Colds or For Pain
For Ages 12 Years and Over


Berry Flavor

12 FL OZ (355 mL)

Drug Facts

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Nighttime Sleep Aid

NIGHTTIME SLEEP AID

nighttime sleep aid liquid

Product Information			
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:69168-486
Route of Administration	ORAL		
Active Ingredient/Active Moiety			
Ingredient Name		Basis of Strength	Strength

DIPHENHYDRAMINE HYDROCHLORIDE (UNII: TC2D6JAD40) (DIPHENHYDRAMINE - UNII:8GTS82S83M)		DIPHENHYDRAMINE HYDROCHLORIDE	50 mg in 30 mL	
Inactive Ingredients				
Ingredient Name			Strength	
ANHYDROUS CITRIC ACID (UNII: XF417D3PSL)				
FD&C BLUE NO. 1 (UNII: H3R47K3TBD)				
FD&C RED NO. 40 (UNII: WZB9127XOA)				
GLYCERIN (UNII: PDC6A3C0OX)				
MENTHOL (UNII: L7T10EIP3A)				
PROPYLENE GLYCOL (UNII: 6DC9Q167V3)				
WATER (UNII: 059QF0KO0R)				
SODIUM BENZOATE (UNII: OJ245FE5EU)				
SODIUM CITRATE (UNII: 1Q73Q2JULR)				
SORBITOL (UNII: 506T60A25R)				
SUCRALOSE (UNII: 96K6UQ3ZD4)				
Product Characteristics				
Color		Score		
Shape		Size		
Flavor	BERRY	Imprint Code		
Contains				
Packaging				
#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:69168-486-39	355 mL in 1 BOTTLE; Type 0: Not a Combination Product	08/06/2025	
Marketing Information				
Marketing Category		Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug		M010	08/06/2025	

Labeler - Allegiant Health (079501930)