

REST SIMPLY- diphenhydramine hydrochloride tablet, coated
DISCOUNT DRUG MART

1091-DDM-2025-0630

Drug Facts

Active ingredient (in each caplet)

Diphenhydramine HCl 25 mg

Purpose

Nighttime sleep-aid

Use

for relief of occasional sleeplessness

Warnings

Do not use

- in 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

- 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 sedatives or tranquilizers

When using this product

- avoid alcoholic drinks
- drowsiness will occur
- 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.

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 (1-800-222-1222).

Directions

adults and children 12 years of age and over	take 2 caplets at bedtime if needed, or as directed by a doctor
children under 12 years of age	do not use

Other information

- **each caplet contains:**calcium 45 mg
- store at room temperature 20-25°C (68-77°F)
- retain carton for complete product information

Inactive ingredients

colloidal silicon dioxide, croscarmellose sodium, dibasic calcium phosphate, FD&C blue #1aluminum lake, hypromellose, magnesium stearate, microcrystalline cellulose, polyethylene glycol, titanium dioxide

Questions or comments?

1-844-705-4384

PRINCIPAL DISPLAY PANEL

DISCOUNT drug mart FOOD FAIR

NDC 53943-191-01

†Compare to the active in Simply Sleep® Caplets

Rest Simply

Diphenhydramine HCl, 25 mg

Nighttime Sleep-Aid

Does NOT contain Pain Reliever

Actual Size

24 CAPLETS





REST SIMPLY

diphenhydramine hydrochloride tablet, coated

Product Information

Product Type

HUMAN OTC DRUG

Item Code (Source)

NDC:53943-191

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
CALCIUM PHOSPHATE, DIBASIC, ANHYDROUS (UNII: L11K75P92J)	
FD&C BLUE NO. 1 (UNII: H3R47K3TBD)	
HYPROMELLOSES (UNII: 3NXW29V3WO)	
MAGNESIUM STEARATE (UNII: 70097M6I3O)	
CELLULOSE, MICROCRYSTALLINE (UNII: OP1R32D61U)	
POLYETHYLENE GLYCOL, UNSPECIFIED (UNII: 3WJQ0SDW1A)	
TITANIUM DIOXIDE (UNII: 15FIX9V2JP)	
ALUMINUM OXIDE (UNII: LMI26O6933)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
CROSCARMELLOSE SODIUM (UNII: M28OL1HH48)	

Product Characteristics

Color	blue	Score	no score
Shape	OVAL	Size	11mm
Flavor		Imprint Code	25;052
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:53943-191-01	4 in 1 PACKAGE	01/27/2010	
1		6 in 1 BLISTER PACK; Type 0: Not a Combination Product		
2	NDC:53943-191-03	1 in 1 CARTON	07/10/2019	
2		100 in 1 BOTTLE, PLASTIC; 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	01/27/2010	

Revised: 6/2025

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