

ALLERGY AND SINUS HEADACHE- acetaminophen, diphenhydramine hcl and phenylephrine hcl tablet, film coated
ARMY AND AIR FORCE EXCHANGE SERVICE

Exchange Select 44-464

Active ingredients (in each caplet)

Acetaminophen 325 mg
Diphenhydramine HCl 12.5 mg
Phenylephrine HCl 5 mg

Purpose

Pain reliever
Antihistamine
Nasal decongestant

Uses

- temporarily relieves these symptoms of hay fever and the common cold:
 - runny nose
 - sneezing
 - headache
 - minor aches and pains
 - nasal congestion
- temporarily relieves these additional symptoms of hay fever:
 - itching of the nose or throat
 - itchy, watery eyes

Warnings

Liver warning: This product contains acetaminophen. Severe liver damage may occur if you take

- more than 4,000 mg of acetaminophen in 24 hours
- with other drugs containing acetaminophen
- 3 or more alcoholic drinks every day while using this product

Allergy alert: Acetaminophen may cause severe skin reactions. Symptoms may include:

- skin reddening
- blisters
- rash

If a skin reaction occurs, stop use and seek medical help right away.

Do not use

- with any other drug containing acetaminophen (prescription or nonprescription). If you are not sure whether a drug contains acetaminophen, ask a doctor or pharmacist.
- with any other product containing diphenhydramine, even one used on skin
- if you are now taking a prescription monoamine oxidase inhibitor (MAOI) (certain drugs for depression, psychiatric, or emotional conditions, or Parkinson's disease), or for 2 weeks after stopping the MAOI drug. If you do not know if your prescription drug contains an MAOI, ask a doctor or pharmacist before taking this product.

Ask a doctor before use if you have

- liver disease
- glaucoma
- thyroid disease
- heart disease
- diabetes
- high blood pressure
- difficulty in urination due to enlargement of the prostate gland
- a breathing problem such as emphysema or chronic bronchitis

Ask a doctor or pharmacist before use if you are

- taking the blood thinning drug warfarin
- taking sedatives or tranquilizers

When using this product

- **do not exceed recommended dosage**
- excitability may occur, especially in children
- marked drowsiness may occur
- alcohol, sedatives, and tranquilizers may increase drowsiness
- avoid alcoholic beverages
- use caution when driving a motor vehicle or operating machinery

Stop use and ask a doctor if

- nervousness, dizziness, or sleeplessness occur
- pain or nasal congestion gets worse or lasts more than 7 days
- fever gets worse or lasts more than 3 days
- redness or swelling is present
- new symptoms occur

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. Prompt medical attention is critical for adults as well as for children even if you do not notice any signs or symptoms.

Directions

- **do not take more than directed**
- adults and children 12 years and over
 - take 2 caplets every 4 hours
 - do not take more than 10 caplets in 24 hours
- children under 12 years: ask a doctor

Other information

- **TAMPER EVIDENT: DO NOT USE IF OUTER PACKAGE IS OPENED OR BLISTER IS TORN OR BROKEN**
- store at 25°C (77°F); excursions permitted between 15°C-30°C (59°F-86°F)
- see end flap for expiration date and lot number

Inactive ingredients

corn starch, croscarmellose sodium, crospovidone, D&C yellow #10 aluminum lake, FD&C blue #1 aluminum lake, FD&C red #40 aluminum lake, magnesium stearate, microcrystalline cellulose, polyethylene glycol, polyvinyl alcohol, povidone, silicon dioxide, stearic acid, talc, titanium dioxide

Questions or comments?

1-800-426-9391

Principal Display Panel

exchange ✓ **select**™

ALLERGY & SINUS HEADACHE

**Acetaminophen
Diphenhydramine HCl
Phenylephrine HCl**

**Pain Reliever
Antihistamine
Nasal Decongestant**

Relieves
Sinus Headache, Sneezing,
Runny Nose, Itchy Throat,
Sinus Congestion, Sinus Pressure,
& Itchy, Watery Eyes

Actual Size

24 Caplets

✓ **quality
value**

**TAMPER EVIDENT: DO NOT USE IF PACKAGE IS OPENED OR IF BLISTER
UNIT IS TORN, BROKEN OR SHOWS ANY SIGNS OF TAMPERING**

50844 REV1024L46408

**"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

No Print/No Varnish Lot & EXP

Drug Facts
KEEP OUTER PACKAGE FOR COMPLETE PRODUCT INFORMATION
Active ingredients (in each caplet) Acetaminophen 325 mg, Pain reliever
 Diphenhydramine HCl 12.5 mg, Antihistamine
 Phenylephrine HCl 5 mg, Nasal decongestant
Purpose Temporarily relieves these symptoms of hay fever:
 ■ runny nose ■ sneezing ■ headache
 ■ minor aches and pains ■ nasal congestion
 ■ itching of the nose or throat ■ itchy, watery eyes
Uses Temporarily relieves these symptoms of hay fever and the common cold:
Drug Facts (continued)

exchange select

Allergy & SINUS HEADACHE

Acetaminophen
Diphenhydramine HCl
Phenylephrine HCl

Pain Reliever
Antihistamine
Nasal Decongestant

Relieves
Sinus Headache, Sneezing,
Runny Nose, Itchy Throat,
Sinus Congestion, Sinus Pressure,
& Itchy, Watery Eyes



Actual Size

24 Caplets

quality value

Allergy & SINUS HEADACHE

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Questions or comments?
 1-800-426-9391
 Manufactured For Your Military Exchanges
 Distributed by: LNK International, Inc.
 Hightstown, NJ 08520
 1-800-426-9391
"SATISFACTION GUARANTEED OR YOUR MONEY BACK"

Do not use
 ■ with any other drug containing acetaminophen (prescription or nonprescription). If you are not sure whether a drug contains acetaminophen, ask a doctor or pharmacist.
 ■ with any other product containing diphenhydramine, even one used on skin
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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. Prompt medical attention is critical for adults as well as for children even if you do not notice any signs or symptoms.

B-0066E-464-08-R
REV1024L46408



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ALLERGY AND SINUS HEADACHE

acetaminophen, diphenhydramine hcl and phenylephrine hcl tablet, film coated

Product Information

Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:55301-464
Route of Administration	ORAL		

Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
ACETAMINOPHEN (UNII: 362O9ITL9D) (ACETAMINOPHEN - UNII:362O9ITL9D)	ACETAMINOPHEN	325 mg
DIPHENHYDRAMINE HYDROCHLORIDE (UNII: TC2D6JAD40) (DIPHENHYDRAMINE - UNII:8GTS82S83M)	DIPHENHYDRAMINE HYDROCHLORIDE	12.5 mg
PHENYLEPHRINE HYDROCHLORIDE (UNII: 04JA59TNSJ) (PHENYLEPHRINE - UNII:1WS297W6MV)	PHENYLEPHRINE HYDROCHLORIDE	5 mg

Inactive Ingredients

Ingredient Name	Strength
STARCH, CORN (UNII: O8232NY3SJ)	
CROSCARMELLOSE SODIUM (UNII: M28OL1HH48)	
CROSPVIDONE, UNSPECIFIED (UNII: 2S7830E561)	
D&C YELLOW NO. 10 ALUMINUM LAKE (UNII: CQ3XH3DET6)	
FD&C BLUE NO. 1 ALUMINUM LAKE (UNII: J9EQA3S2JM)	
FD&C RED NO. 40 ALUMINUM LAKE (UNII: 6T47AS764T)	
MAGNESIUM STEARATE (UNII: 70097M6130)	
MICROCRYSTALLINE CELLULOSE (UNII: OP1R32D61U)	
POLYETHYLENE GLYCOL, UNSPECIFIED (UNII: 3WQ0SDW1A)	
POLYVINYL ALCOHOL, UNSPECIFIED (UNII: 532B59J990)	
POVIDONE, UNSPECIFIED (UNII: FZ989GH94E)	
SILICON DIOXIDE (UNII: ETJ7Z6XBU4)	
STEARIC ACID (UNII: 4ELV7Z65AP)	
TALC (UNII: 7SEV7J4R1U)	
TITANIUM DIOXIDE (UNII: 15FIX9V2JP)	

Product Characteristics

Color	green	Score	no score
Shape	OVAL	Size	19mm
Flavor		Imprint Code	44;464
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:55301-464-08	2 in 1 CARTON	06/15/2005	
1		12 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 Drug	M012	06/15/2005	

Labeler - ARMY AND AIR FORCE EXCHANGE SERVICE (001695568)

Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		832867837	manufacture(55301-464) , pack(55301-464)

Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		832867894	manufacture(55301-464)

Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		117025878	manufacture(55301-464)

Revised: 6/2025

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