

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
- 3 or more alcoholic drinks every day while using this product
- with other drugs containing acetaminophen

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

- blisters
- rash
- skin reddening

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.
- if you have ever had an allergic reaction to this product or any of its ingredients

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
- use caution when driving a motor vehicle or operating machinery
- avoid alcoholic beverages

Stop use and ask a doctor if

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

If pregnant or breast-feeding,

ask a health professional before use.

Keep out of reach of children.

In case of accidental 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 use 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

Pain Reliever

Sinus Headache

•Diphenhydramine HCl

Antihistamine

Sneezing

Itchy, Watery Eyes

Runny Nose

Itchy Throat

•Phenylephrine HCl

Nasal Decongestant

Sinus Congestion

Sinus Pressure

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 REV0517K46408

"SATISFACTION GUARANTEED OR YOUR MONEY BACK"

Manufactured For Your Military Exchanges

Distributed by: LNK International, Inc.

Hauppauge, NY 11788

1-800-426-9391

Allergy & SINUS HEADACHE

exchange select™

exchange select™

Allergy & SINUS HEADACHE

- **Acetaminophen**
Pain Reliever
Sinus Headache
- **Phenylephrine HCl**
Nasal Decongestant
Sinus Congestion
Sinus Pressure

- **Diphenhydramine HCl**
Antihistamine
Sneezing
Itchy, Watery Eyes
Runny Nose
Itchy Throat



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

Do not print/Varnish
Lot & EXP DATE ONLY

Drug Facts
KEEP OUTER PACKAGE FOR COMPLETE PRODUCT INFORMATION

Active ingredients (in each caplet) Purpose
Acetaminophen 325 mg Pain reliever
Diphenhydramine HCl 12.5 mg Antihistamine
Phenylephrine HCl 5 mg Nasal decongestant

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

Drug Facts (continued)
sodium, croscapsolone, 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

Drug Facts (continued)
 Questions or comments? 1-800-426-9391
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 Distributed by: LNK International, Inc.
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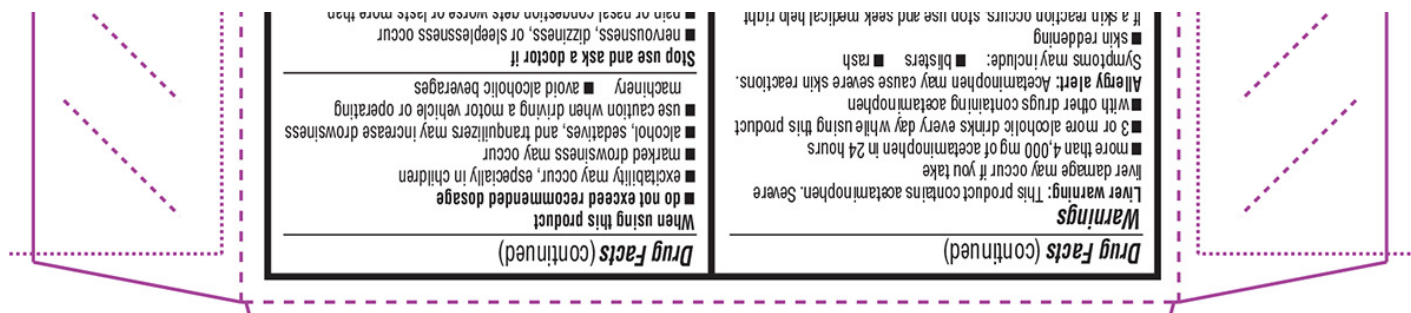
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Inactive ingredients corn starch, croscapsolone

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If pregnant or breast-feeding, ask a health professional before use.
 ■ fever gets worse or lasts more than 3 days
 ■ new symptoms occur
 ■ redness or swelling is present

B-0066E-464-08-R
REV0517K46408



Exchange Select 44-464

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 (UNII: WZB9127XOA)	
MAGNESIUM STEARATE (UNII: 70097M6130)	
MICROCRYSTALLINE CELLULOSE (UNII: OP1R32D61U)	
POLYETHYLENE GLYCOL, UNSPECIFIED (UNII: 3WJQ0SDW1A)	
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
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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	pack(55301-464)

Establishment

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

Revised: 3/2024

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