

**DIUREX WATER PILLS XPL- caffeine tablet, film coated**  
**Kobayashi Healthcare International, Inc.**

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**Diurex XPL**

**Active ingredient (in each pill)**

Caffeine Anhydrous, 100 mg

**Purpose**

Diuretic

**Uses**

For relief of symptoms associated with the premenstrual and menstrual periods including:

- temporary water retention
- bloat
- swelling
- full feeling
- fatigue

**Warnings**

**Ask a doctor before use if**

- taking any other medications
- under 18 years of age. Do not give to children under 12 years of age.

**When using this product,** limit the use of caffeine-containing medications, foods or beverages because too much caffeine may cause:

- nervousness
- irritability
- sleeplessness
- occasional rapid heart beat. The recommended dose of this product contains about as much caffeine as one to two cups of coffee.

**Stop use and ask a doctor if** symptoms last for more than ten consecutive days.

**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 right away.

**Directions**

- Read all package directions and warnings before use.
- Use only as directed.
- Adults: One (1) pill (100mg) or two (2) pills (200 mg maximum strength) every 3 to 4 hours while symptoms persist, not to exceed 8 pills in a 24 hour period.
- Start taking 5 or 6 days before onset of period and continue use until desired relief is obtained or end of period.
- Drink 6 to 8 glasses of water daily.
- Recommended for use by normally healthy adults only.

### **Other information**

- Calcium content: 30 mg/pill
- **\*\*Contents sealed:** Each DIUREX light green colored, round shaped pill bears the identifying mark "ALVA" and is sealed in a clear plastic blister with a foil backing. Do not use if seal appears broken or if product contents do not match product description.
- You may report serious side effects to the phone number provided under Questions? below.

### **Inactive ingredients**

Acacia, calcium carbonate, croscarmellose sodium, D&C Yellow No. 10 Lake, ethyl vanillin, FD&C Blue No. 1 Lake, FD&C Blue No. 2 Lake, hypromellose, lactose, magnesium silicate, magnesium stearate, maltodextrin, microcrystalline cellulose, polyethylene glycol, polysorbate, stearic acid and titanium dioxide.

**Questions? 1-800-792-2582**

## Datos Farmacológicos

### Ingrediente activo (en cada comprimido)

Cafeína anhidra 100mg.....Diurético

### Propósito

**Usos** Para el alivio de: ■ retención temporal de líquidos ■ distensión abdominal ■ hinchazón ■ sensación de saciedad ■ fatiga asociada con los periodos menstruales y premenstruales.

### Advertencias

**Consulte con su médico antes de usarlo si** ■ está tomando cualquier otro medicamento ■ es menor de 18 años de edad. No administrar a niños menores de 12 años de edad.

**Cuando use este producto**, limite el uso de medicamentos, alimentos o bebidas que contengan cafeína ya que demasiada cafeína puede provocar: ■ nerviosismo ■ irritabilidad ■ insomnio ■ latidos cardíacos rápidos ocasionales. La dosis recomendada de este producto contiene aproximadamente la misma cantidad de cafeína que dos tazas de café.

**Interrumpa el uso y consulte con su médico si** los síntomas duran más de diez días consecutivos.

**Si está embarazada o está amamantando**, consulte con un profesional de la salud antes de usarlo.

**Mantener fuera del alcance de los niños.** En caso de sobredosis, obtenga ayuda médica o comuníquese de inmediato con un centro de toxicología.

**Indicaciones** ■ Lea todas las indicaciones y advertencias del envase antes de usarlo. ■ Úselo solo de acuerdo con las indicaciones. ■ Adultos: Un (1) comprimido (100 mg) o dos (2) comprimidos (concentración máxima 200 mg) cada 3 a 4 horas mientras los síntomas persistan, sin exceder los 8 comprimidos en un periodo de 24 horas. ■ Tome de 6 a 8 vasos de agua todos los días. ■ Recomendado solo para uso en adultos normalmente sanos. ▶

## Datos Farmacológicos (continuación)

**Información adicional** ■ Contenido de calcio: 30 mg/comprimido ■ Identificación: Comprimido redondo de color verde claro que lleva la marca identificatoria "ALVA". ■ **\*\*El contenido está sellado:** Cada comprimido de DIUREX está sellado en un blister de plástico transparente con un recubrimiento posterior de papel aluminio. No lo use si el sello parece estar roto o si el producto no coincide con la descripción del producto. ■ Puede informar efectos secundarios graves al número de teléfono que aparece en la sección *¿Tiene preguntas?* a continuación.

**Ingredientes inactivos** Acacia, carbonato de calcio, croscarmelosa sódica, D&C amarillo n.º 10 Lake, etil vainillina, FD&C azul n.º 1 Lake, FD&C azul n.º 2 Lake, hipromelosa, lactosa, silicato de magnesio, estearato de magnesio, maltodextrina, celulosa microcristalina, polietilenglicol, polisorbato, ácido esteárico y dióxido de titanio.

**¿Tiene preguntas? 1-800-792-2582**



06/22-17RC,  
1218

gentle diuretic  
**diurex<sup>®</sup> XPL<sup>™</sup>**  
**Water Pills**



6

NEW LOOK!

**diurex<sup>®</sup>**  
**XPL<sup>™</sup>**

**Water Pills**  
RE-ENERGIZE

**Píldoras**  
**Diuréticas**  
ENERGIZANTES

Vea las instrucciones  
en español adentro

The active ingredient  
in DIUREX XPL<sup>™</sup> has  
been recognized to be  
safe & effective by an  
FDA Expert Advisory  
Panel when used as  
directed.

Contains no  
gluten ingredients

\*\*Contents Sealed  
\*Based on independent  
syndicated market  
research data.

www.DIUREX.com

gentle diuretic  
**diurex<sup>®</sup>**  
**XPL<sup>™</sup>**

**Water Pills** RE-ENERGIZE

Feel Better &  
Less Heavy

Effective Menstrual  
Bloat Relief

22  
PILLS

Relieves Periodic Water Bloat

Prod. No. 06022

Dist.:  
ALVA-AMCO Pharmacal Cos., Inc.  
Niles, IL 60714, U.S.A.  
© 2000-2019 ALVA  
® Reg. U.S. Patent and Trademark Office



LOT:

EXP:

CP-233233  
01/2019



**Drug Facts**

**Active ingredients (in each pill)** Purpose  
Caffeine Anhydrous, 100 mg..... Diuretic

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**Drug Facts (Continued)**

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**Questions?**  
**1-800-792-2582**

**DIUREX WATER PILLS XPL**

caffeine tablet, film coated

**Product Information**

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:52389-406
<b>Route of Administration</b>	ORAL		

**Active Ingredient/Active Moiety**

Ingredient Name	Basis of Strength	Strength
CAFFEINE (UNII: 3G6A5W338E) (CAFFEINE - UNII:3G6A5W338E)	CAFFEINE	100 mg

**Inactive Ingredients**

Ingredient Name	Strength
<b>CALCIUM CARBONATE</b> (UNII: H0G9379FGK)	
<b>CROSCARMELOSE SODIUM</b> (UNII: M28OL1HH48)	
<b>ETHYL VANILLIN</b> (UNII: YC9ST449YJ)	
<b>D&amp;C YELLOW NO. 10</b> (UNII: 35SW5USQ3G)	
<b>FD&amp;C BLUE NO. 1</b> (UNII: H3R47K3TBD)	
<b>FD&amp;C BLUE NO. 2</b> (UNII: L06K8R7DQK)	
<b>ACACIA</b> (UNII: 5C5403N26O)	
<b>HYPROMELLOSES</b> (UNII: 3NXW29V3WO)	
<b>TALC</b> (UNII: 7SEV7J4R1U)	
<b>MAGNESIUM STEARATE</b> (UNII: 70097M6I30)	
<b>MALTODEXTRIN</b> (UNII: 7CVR7L4A2D)	
<b>CELLULOSE, MICROCRYSTALLINE</b> (UNII: OP1R32D61U)	
<b>POLYETHYLENE GLYCOL 400</b> (UNII: B697894SGQ)	
<b>POLYSORBATE 80</b> (UNII: 6OZP39ZG8H)	
<b>STEARIC ACID</b> (UNII: 4ELV7Z65AP)	
<b>TITANIUM DIOXIDE</b> (UNII: 15FIX9V2JP)	
<b>LACTOSE MONOHYDRATE</b> (UNII: EWQ57Q8I5X)	

### Product Characteristics

<b>Color</b>	green (light green)	<b>Score</b>	no score
<b>Shape</b>	ROUND	<b>Size</b>	10mm
<b>Flavor</b>		<b>Imprint Code</b>	ALVA
<b>Contains</b>			

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:52389-406-18	1 in 1 CARTON	08/17/2016	06/30/2019
1	NDC:52389-406-02	18 in 1 BLISTER PACK; Type 0: Not a Combination Product		
2	NDC:52389-406-22	1 in 1 CARTON	08/17/2016	05/31/2026
2	NDC:52389-406-01	22 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	M027	08/17/2016	05/31/2026

**Labeler** - Kobayashi Healthcare International, Inc. (156391729)

**Registrant** - Kobayashi America Manufacturing, LLC (079852150)

Revised: 10/2025

Kobayashi Healthcare International, Inc.