

# **NIGHTTIME SLEEP AID- diphenhydramine hydrochloride tablet, film coated H E B**

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**HEB Nighttime Sleep Aid 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
- glaucoma
- trouble urinating due to an enlarged prostate gland

### **Ask a doctor or pharmacist before use if you are**

taking sedatives or tranquilizers

### **When using this product**

- avoid alcoholic drinks
- drowsiness may 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. Overdose warning:**

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

**Other information**

- **each caplet contains:** calcium 15 mg
- store at 20-25°C (68-77°F). Avoid high humidity. Protect from light.
- do not use if blister unit is broken or torn

**Inactive ingredients**

carnauba wax, crospovidone, dibasic calcium phosphate dihydrate, FD&C blue #1 aluminum lake, FD&C blue #2 aluminum lake, hypromellose, magnesium stearate, microcrystalline cellulose, polyethylene glycol, polysorbate 80, pregelatinized starch, stearic acid, titanium dioxide

**Questions or comments?**

**1-800-719-9260**

**Principal Display Panel**

Compare to Simply Sleep<sup>®</sup> Nighttime Sleep Aid Caplets active ingredient

Nighttime Sleep-Aid

Diphenhydramine HCl 25 mg

Helps You Fall Asleep

Safe, Non-Habit Forming

Does Not Contain Pain Reliever

actual size

24 MINI-CAPLETS



# Nighttime Sleep-Aid

Diphenhydramine HCl, 25 mg

Compare to *Simply Sleep® Nighttime Sleep Aid Caplets* active ingredient\*

NDC 37808-431-62



# Nighttime Sleep-Aid

Diphenhydramine HCl  
25 mg

**Helps You Fall Asleep**

- Safe, Non-Habit Forming
- Does Not Contain Pain Reliever



actual size

**24 MINI-CAPLETS**

50 17 298E4 :

OPEN OTHER END

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Diphenhydramine HCl 25 mg.....	Nighttime sleep-aid

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**Questions or comments? 1-800-719-9260**

\*This product is not manufactured or distributed by McNeil Consumer Healthcare, distributor of Simply Sleep® Nighttime Sleep Aid Caplets.

**GLUTEN FREE**

CONVENIENT RECYCLING TAB



## NIGHTTIME SLEEP AID

diphenhydramine hydrochloride tablet, film coated

### Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:37808-431
<b>Route of Administration</b>	ORAL		

### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
<b>DIPHENHYDRAMINE HYDROCHLORIDE</b> (UNII: TC2D6JAD40) (DIPHENHYDRAMINE - UNII: 8GTS82S83M)	DIPHENHYDRAMINE HYDROCHLORIDE	25 mg

### Inactive Ingredients

Ingredient Name	Strength
<b>CARNAUBA WAX</b> (UNII: R12CBM0EIZ)	
<b>CROSPVIDONE (120 .MU.M)</b> (UNII: 68401960MK)	
<b>DIBASIC CALCIUM PHOSPHATE DIHYDRATE</b> (UNII: O7TSZ97GEP)	
<b>FD&amp;C BLUE NO. 1</b> (UNII: H3R47K3TBD)	
<b>FD&amp;C BLUE NO. 2</b> (UNII: L06K8R7DQK)	
<b>HYPROMELLOSE, UNSPECIFIED</b> (UNII: 3NXW29V3WO)	
<b>MAGNESIUM STEARATE</b> (UNII: 70097M6I30)	
<b>MICROCRYSTALLINE CELLULOSE</b> (UNII: OP1R32D61U)	
<b>POLYETHYLENE GLYCOL, UNSPECIFIED</b> (UNII: 3WJQ0SDW1A)	
<b>POLYSORBATE 80</b> (UNII: 6OZP39ZG8H)	
<b>STEARIC ACID</b> (UNII: 4ELV7Z65AP)	
<b>TITANIUM DIOXIDE</b> (UNII: 15FIX9V2JP)	

### Product Characteristics

<b>Color</b>	BLUE (Light Blue)	<b>Score</b>	no score
<b>Shape</b>	OVAL	<b>Size</b>	11mm
<b>Flavor</b>		<b>Imprint Code</b>	L431
<b>Contains</b>			

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date

1	NDC:37808-431-62	12 in 1 CARTON	10/09/2009	
1		2 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	M010	10/09/2009	

**Labeler** - H E B (007924756)

Revised: 11/2025

H E B