# SIGNATURE CARE IBUPROFEN PM- diphenhydramine citrate, ibuprofen tablet, film coated Safeway

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#### Better Living Brands LLC Ibuprofen PM Drug Facts

#### Active ingredients (in each caplet)

Diphenhydramine citrate 38 mg

Ibuprofen 200 mg (NSAID)\*

\*nonsteroidal anti-inflammatory drug

#### Purposes

Nighttime sleep-aid Pain reliever

#### Uses

- for relief of occasional sleeplessness when associated with minor aches and pains
- helps you fall asleep and stay asleep

#### Warnings

**Allergy alert:** Ibuprofen may cause a severe allergic reaction, especially in people allergic to aspirin. Symptoms may include:

- hives
- facial swelling
- asthma (wheezing)
- shock
- skin reddening
- rash
- blisters

If an allergic reaction occurs, stop use and seek medical help right away.

**Stomach bleeding warning:** This product contains an NSAID, which may cause severe stomach bleeding. The chance is higher if you

- are age 60 or older
- have had stomach ulcers or bleeding problems
- take a blood thinning (anticoagulant) or steroid drug
- take other drugs containing prescription or nonprescription NSAIDs [aspirin, ibuprofen, naproxen, or others]
- have 3 or more alcoholic drinks every day while using this product
- take more or for a longer time than directed

**Heart attack and stroke warning:** NSAIDs, except aspirin, increase the risk of heart attack, heart failure, and stroke. These can be fatal. The risk is higher if you use more than directed or for

longer than directed.

#### Do not use

- if you have ever had an allergic reaction to any other pain reliever/fever reducer
- unless you have time for a full night's sleep
- in children under 12 years of age
- right before or after heart surgery
- with any other product containing diphenhydramine, even one used on skin
- if you have sleeplessness without pain

#### Ask a doctor before use if

- stomach bleeding warning applies to you
- you have problems or serious side effects from taking pain relievers or fever reducers
- you have a history of stomach problems, such as heartburn
- you have high blood pressure, heart disease, liver cirrhosis, kidney disease, asthma, or had a stroke
- you are taking a diuretic
- you have a breathing problem such as emphysema or chronic bronchitis
- you have glaucoma
- you have trouble urinating due to an enlarged prostate gland

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

- taking sedatives or tranquilizers, or any other sleep-aid
- under a doctor's care for any continuing medical illness
- taking any other antihistamines
- taking aspirin for heart attack or stroke, because ibuprofen may decrease this benefit of aspirin
- taking any other drug

#### When using this product

- drowsiness will occur
- avoid alcoholic drinks
- do not drive a motor vehicle or operate machinery
- take with food or milk if stomach upset occurs

#### Stop use and ask a doctor if

- you experience any of the following signs of stomach bleeding:
- feel faint
- vomit blood
- have bloody or black stools
- have stomach pain that does not get better
- you have symptoms of heart problems or stroke:
- chest pain
- trouble breathing
- weakness in one part or side of body

- slurred speech
- leg swelling
- pain gets worse or lasts more than 10 days
- sleeplessness persists continuously for more than 2 weeks. Insomnia may be a symptom of a serious underlying medical illness.
- redness or swelling is present in the painful area
- any new symptoms appear

#### If pregnant or breast-feeding,

ask a health professional before use. It is especially important not to use ibuprofen during the last 3 months of pregnancy unless definitely directed to do so by a doctor because it may cause problems in the unborn child or complications during delivery.

#### 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

- do not take more than directed
- adults and children 12 years and over: take 2 caplets at bedtime
- do not take more than 2 caplets in 24 hours

#### Other information

- read all warnings and directions before use. Keep carton.
- store at 20-25°C (68-77°F)
- avoid excessive heat above 40°C (104°F)

#### **Inactive ingredients**

colloidal silicon dioxide, croscarmellose sodium, glyceryl behenate, hydroxypropyl cellulose, lactose monohydrate, magnesium stearate, microcrystalline cellulose, polyethylene glycol, polyvinyl alcohol, pregelatinized starch, talc, titanium dioxide

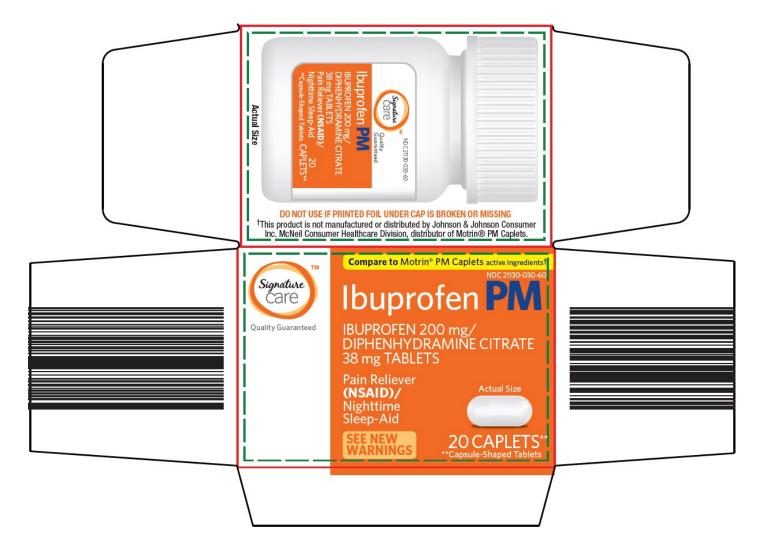
#### Questions or comments?

1-888-723-3929

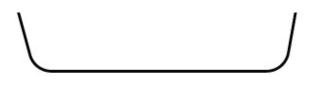
#### **Principal Display Panel**

Compare to Motrin<sup>®</sup> PM Caplets active ingredients Ibuprofen PM Quality Guaranteed IBUPROFEN 200 mg/DIPHENHYDRAMINE CITRATE 38 mg TABLETS Pain Reliever (NSAID)/Nighttime Sleep-Aid Actual Size SEE NEW WARNINGS

## 20 CAPLETS\*\* \*\*Capsule-Shaped Tablets



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Drug Facts         Active ingredients (in each caplet)       Purposes         Diphenhydramine citrate 38 mg       Nighttime sleep-aid         Ibuporfen 200 mg (NSAID)*       Pain reliever         *nonsteroidal anti-inflammatory drug       Vses         Uses       for relief of occasional sleeplessness when associated with minor aches and pains         minor aches and pains       helps you fall asleep and stay asleep         Warnings       Allergy alert Ibuprofen may cause a severe allergic reaction, especially in people allergic to aspirin. Symptoms may include:       hives       facial swelling         swelling       asthma (wheezing)       shock       skin reddening       mash         blisters       ff an allergic reaction occurs, stop use and seek medical help right away.         Stomach bleeding warning: This product contains an NSAID, which may cause severe stomach bleeding. The chance is higher if you       are age         60 or older       have had stomach ulcers or bleeding problems       take         a blood thinning (anticoagulant) or steroid drug       take other drugs         containing prescription or nonprescription NSAIDs [aspirin, ibuprofen, naproxen, or others]       have 3 or more alcoholic drinks every day while         using this product       take more or for alonger time than directed         Heart attack and stroke warning: NSAIDs, except aspirin, increase the risk of heart attack, heart failure, an	Drug Facts (continued)         Ask a doctor before use if stomach bleeding warning applies to you you have problems or serious side effects from taking pain relievers or fever reducers you have a history of stomach problems, such as heartbum you have high blood pressure, heart disease, liver cirrhosis, kidney disease, asthma, or had a stroke you are taking a diuretic         you have a breathing problem such as emphysema or chronic bronchitis         you have a breathing problem such as emphysema or chronic bronchitis         you have a breathing problem such as emphysema or chronic bronchitis         you have glaucoma you have trouble urinating due to an enlarged prostate gland         Ask a doctor or pharmacist before use if you are taking sedatives or tranquilizers, or any other sleep-aid under a doctor's care for any continuing medical illness taking any other anthistamines taking aspirin for heart attack or stroke, because ibuprofen may decrease this benefit of aspirin taking any other drug         When using this product       drowsiness will occur avoid alcoholic drinks do not drive a motor vehicle or operate machinery take with food or milk if stomach upset occurs         Stop use and ask a doctor if you experience any of the following signs of stomach bleeding: feel faint wornit blood have bloody or black stools have stomach pain that does not get better         you have symptoms of heart problems or stroke: chest pain         trouble breathing weakness in one part or side of body slured speech leg swelling pain gets worse or lasts more than 10 days         sleeplessness persists continuously for more than 2 weeks. Insomnia may be a symptom of a serious underlying medical illness.
	Drug Facts (continued) Keep out of reachof child or contacta Poison Control Directions = do not ta = aduts and children 12 ye = donot take more than 2 c Other information = Keep carton. = store at 2 above 40°C (104°°F) Inactive ingredients co sodium, glyceryl beherate, the magnesium stearate, microo polyvinylal coho (pregela fri Questions or commet P.O. BOX 99, PLEASANTO 1-888-7 23-3929 / www.bo



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	nts? 1-888-723-3929
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### SIGNATURE CARE IBUPROFEN PM

diphenhydramine citrate, ibuprofen tablet, film coated

<b>Product Information</b>			
Product Type	HUMAN OTC DRUG	Item Code (Source)	NDC:21130-030
Route of Administration	ORAL		

#### Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
<b>DIPHENHYDRAMINE CITRATE</b> (UNII: 40D433S209) (DIPHENHYDRAMINE - UNII:8GTS82S83M)	DIPHENHYDRAMINE CITRATE	38 mg
IBUPROFEN (UNII: WK2XYI10QM) (IBUPROFEN - UNII:WK2XYI10QM)	IBUPROFEN	200 mg

#### **Inactive Ingredients**

Ingredient Name	Strength
SILICON DIO XIDE (UNII: ETJ7Z6 XBU4)	
CROSCARMELLOSE SODIUM (UNII: M28OL1HH48)	
GLYCERYL DIBEHENATE (UNII: R8 WTH25YS2)	
HYDROXYPROPYL CELLULOSE (1600000 WAMW) (UNII: RFW2ET671P)	
LACTOSE MONOHYDRATE (UNII: EWQ57Q8I5X)	
MAGNESIUM STEARATE (UNII: 70097M6I30)	
MICROCRYSTALLINE CELLULOSE (UNII: OP1R32D61U)	
POLYETHYLENE GLYCOL, UNSPECIFIED (UNII: 3WJQ0SDW1A)	
POLYVINYL ALCOHOL, UNSPECIFIED (UNII: 532B59J990)	
TALC (UNII: 7SEV7J4R1U)	
TITANIUM DIO XIDE (UNII: 15FIX9 V2JP)	

# Product Characteristics Color WHTE Score no score Shape OVAL Size 15mm Flavor Inprint Code L413 Contains Inprint Code Inprint Code

Packaging			
# Item Code	Package Description	Marketing Start Date	Marketing End Date
<b>1</b> NDC:21130-030-60	1 in 1 CARTON	11/13/2015	
1	20 in 1 BOTTLE; Type 0: Not a Combination Product		
I	20 m TBOTTEE, Type 0. Not a Combination Flotact		
Marketing Info	ormation	Marketing Start Date	Marketing End Date

Labeler - Safeway (009137209)

Revised: 12/2019

Safeway