

**MENSTRUAL RELIEF- acetaminophen, caffeine, pyrilamine maleate tablet, film coated**

**Better Living Brands, LLC**

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**Signature Select 44-390**

***Active ingredients (in each caplet)***

Acetaminophen 500 mg  
Caffeine 60 mg  
Pyrilamine maleate 15 mg

***Purpose***

Pain reliever  
Diuretic  
Antihistamine

***Uses***

for the temporary relief of these symptoms associated with menstrual periods:

- bloating
- headache
- water-weight gain
- cramps
- backache
- fatigue
- muscle aches

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

### **Ask a doctor before use if you have**

- difficulty in urination due to enlargement of the prostate gland
- liver disease
- glaucoma
- 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**

- drowsiness may occur
- excitability may occur, especially in children
- alcohol, sedatives, and tranquilizers may increase drowsiness
- use caution when driving a motor vehicle or operating machinery
- avoid alcoholic beverages
- limit the use of caffeine-containing medications, foods, or beverages while taking this product because too much caffeine may cause nervousness, irritability, sleeplessness, and, occasionally, rapid heart rate. The recommended dose of this product contains about as much caffeine as a cup of coffee.

### **Stop use and ask a doctor if**

- new symptoms occur
- redness or swelling is present
- pain gets worse or lasts more than 10 days
- fever gets worse or lasts more than 3 days

These could be signs of a serious condition.

### **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 with water
  - repeat every 6 hours, as needed

- do not exceed 6 caplets per day
- children under 12 years: ask a doctor

### **Other information**

- see end flap for expiration date and lot number
- store at 25°C (77°F); excursions permitted between 15°-30°C (59°-86°F)

### **Inactive ingredients**

corn starch, croscarmellose sodium, crospovidone, hypromellose, magnesium stearate, microcrystalline cellulose, polydextrose, polyethylene glycol, povidone, silicon dioxide, stearic acid, titanium dioxide, triacetin

### **Questions or comments?**

**1-800-426-9391**

### **Principal Display Panel**

#### **COMPARE TO**

Midol® Complete Active Ingredients\*

NDC 21130-930-10

Signature SELECT™

#### **Menstrual Relief**

MULTI-SYMPTOM

**ACETAMINOPHEN** 500 mg /  
**CAFFEINE** 60 mg / **PYRILAMINE MALEATE** 15 mg  
**PAIN RELIEVER / DIURETIC /**  
**ANTIHISTAMINE**

Relieves:

- Cramps • Bloating • Fatigue
- Backache • Headache

Actual Size

**40 CAPLETS**

**TAMPER EVIDENT: DO NOT USE IF IMPRINTED  
SAFETY SEAL UNDER CAP IS BROKEN OR MISSING**

\*This product is not manufactured or distributed by Bayer HealthCare LLC, distributors of Midol® Complete. 50844 REV0623E39010

#### **DISTRIBUTED BY:**

BETTER LIVING BRANDS LLC  
P.O. BOX 99, PLEASANTON, CA 94566-0009  
‡1-888-723-3929



## Product Information

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:21130-930
<b>Route of Administration</b>	ORAL		

## Active Ingredient/Active Moiety

<b>Ingredient Name</b>	<b>Basis of Strength</b>	<b>Strength</b>
<b>ACETAMINOPHEN</b> (UNII: 362O9ITL9D) (ACETAMINOPHEN - UNII:362O9ITL9D)	ACETAMINOPHEN	500 mg
<b>CAFFEINE</b> (UNII: 3G6A5W338E) (CAFFEINE - UNII:3G6A5W338E)	CAFFEINE	60 mg
<b>PYRILAMINE MALEATE</b> (UNII: R35D29L3ZA) (PYRILAMINE - UNII:HPE317O9TL)	PYRILAMINE MALEATE	15 mg

## Inactive Ingredients

<b>Ingredient Name</b>	<b>Strength</b>
<b>STARCH, CORN</b> (UNII: O8232NY3SJ)	
<b>CROSCARMELLOSE SODIUM</b> (UNII: M28OL1HH48)	
<b>CROSPVIDONE, UNSPECIFIED</b> (UNII: 2S7830E561)	
<b>HYPROMELLOSE, UNSPECIFIED</b> (UNII: 3NXW29V3WO)	
<b>MAGNESIUM STEARATE</b> (UNII: 70097M6I30)	
<b>MICROCRYSTALLINE CELLULOSE</b> (UNII: OP1R32D61U)	
<b>POLYDEXTROSE</b> (UNII: VH2XOU12IE)	
<b>POLYETHYLENE GLYCOL, UNSPECIFIED</b> (UNII: 3WJQ0SDW1A)	
<b>POVIDONE, UNSPECIFIED</b> (UNII: FZ989GH94E)	
<b>SILICON DIOXIDE</b> (UNII: ETJ7Z6XBU4)	
<b>STEARIC ACID</b> (UNII: 4ELV7Z65AP)	
<b>TITANIUM DIOXIDE</b> (UNII: 15FIX9V2JP)	
<b>TRIACETIN</b> (UNII: XHX3C3X673)	

## Product Characteristics

<b>Color</b>	white	<b>Score</b>	no score
<b>Shape</b>	OVAL	<b>Size</b>	17mm
<b>Flavor</b>		<b>Imprint Code</b>	44;390
<b>Contains</b>			

## Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:21130-930-10	1 in 1 CARTON	04/29/2024	
1		40 in 1 BOTTLE, PLASTIC; Type 0: Not a Combination Product		

## Marketing Information

Marketing	Application Number or Monograph	Marketing Start	Marketing End
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Category	Citation	Date	Date
OTC Monograph Drug	M013	04/29/2024	

**Labeler** - Better Living Brands, LLC (009137209)

### Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		038154464	pack(21130-930)

### Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		832867837	manufacture(21130-930) , pack(21130-930)

### Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		832867894	manufacture(21130-930)

### Establishment

Name	Address	ID/FEI	Business Operations
LNK International, Inc.		117025878	manufacture(21130-930)

Revised: 4/2026

Better Living Brands, LLC