Directions: Adults take one tablet 30 minutes before going to bed. Take once daily or as directed by a physician. Do not give to children under the age of 18.

Warning: Ask a doctor before use if you have a breathing problem such as asthma, emphysema or chronic bronchitis, glaucoma or trouble urinating due to an enlarged prostate gland. Ask a doctor or pharmacist before use if you are taking any other drugs. When using this product avoid alcoholic beverages, take only at bedtime. Stop use and ask a doctor if sleeplessness persists continuously for more than two weeks. Insomnia may be a symptom of serous underlying medical illness.

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.



Amount per serving

25mg

10mg

50mg

200mg

75mg

30mg

200mg

Exclusively for

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease