



## **Adult Dosing Chart**

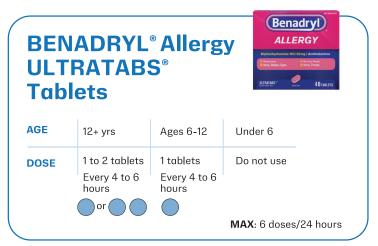
## Dosage for adults from your healthcare professional

**DO NOT** use to make a child sleepy. **DO NOT** use with any other product containing diphenhydramine, even one used on skin.

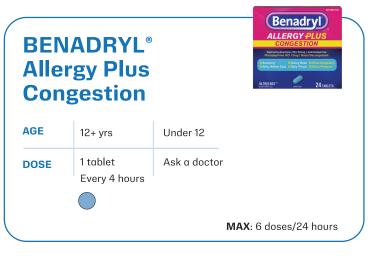
**ASK A DOCTOR** before use if you have a breathing problem such as emphysema or chronic bronchitis, glaucoma, or trouble urinating due to an enlarged prostate gland.

ASK A DOCTOR OR PHARMACIST before use if you are taking sedatives or tranquilizers.

**IMPORTANT:** Read all product information before using. Keep box for important information.









Today's date: \_\_\_\_\_

This dosing recommendation from your healthcare professional will expire in 14 DAYS.

\*Product eligibility may vary by plan. Check with your benefits administrator to determine which expenses are eligible before you shop.

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