

Diurex Ultimate Drug Facts (156-0RC, 0515)

Drug Facts	
Active ingredient (in each pill)	Purpose
Caffeine Anhydrous 100 mg	Diuretic
Uses For relief of symptoms associated with the premenstrual and menstrual periods including: ■ temporary water weight gain ■ bloat ■ swelling ■ full feeling ■ fatigue.	
Warnings	
Ask a doctor before use if ■ taking any other medications ■ under 18 years of age. Do not give to children under 12 years of age.	
When using this product , limit the use of caffeine-containing medications, foods or beverages because too much caffeine may cause: ■ nervousness ■ irritability ■ sleeplessness ■ occasional rapid heart beat. The recommended dose of this product contains about as much caffeine as one to two cups of coffee.	
Stop use and ask a doctor If symptoms last for more than ten consecutive days.	
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.	
Directions ■ Read all package directions and warnings before use. ■ Use only as directed. ■ Adults: Two (2) pills (200 mg maximum strength) every 3 to 4 hours while symptoms persist, not to exceed 8 pills in a 24 hour period. ■ Drink 6 to 8 glasses of water daily. ■ Recommended for use by normally healthy adults only.	
Other information ■ Calcium content: 30 mg/pill ■ Identification: Light green colored, round pill bearing the identifying mark "ALVA". ■ **Contents sealed: Each DIUREX ULTIMATE pill is sealed in a clear plastic blister with foil backing. Do not use if seal appears broken or if product contents do not match product description. ■ You may report serious side effects to the phone number provided under <i>Questions?</i> below.	
Inactive ingredients Acacia, calcium carbonate, croscarmellose sodium, D&C Yellow No. 10 Lake, ethyl vanillin, FD&C Blue No. 1 Lake, FD&C Blue No. 2 Lake, hypromellose, lactose, magnesium silicate, magnesium stearate, maltodextrin, microcrystalline cellulose, polyethylene glycol, polysorbate, stearic acid and titanium dioxide.	
Questions? 1-800-792-2582	