

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 heartbeat. 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 the 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: One (1) pill (100mg) or two (2) pills (200mg 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:** Contents packaged in a bottle with a safety seal under the cap. 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 *Questions?* 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