

<b>Drug Facts</b>	
<b>Active ingredient (in each pill)</b>	<b>Purpose</b>
Caffeine Anhydrous 100 mg .....	Diuretic
<b>Uses</b> For relief of symptoms associated with the premenstrual and menstrual periods including: ■ temporary water weight gain ■ bloat ■ swelling ■ full feeling ■ fatigue.	
<b>Warnings</b> <b>Ask a doctor before use if</b> ■ taking any other medications ■ under 18 years of age. Do not give to children under 12 years of age.	
<b>When using this product</b> , 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.	
<b>Stop use and ask a doctor</b> If symptoms last for more than ten consecutive days.	
<b>If pregnant or breast-feeding</b> , ask a health professional before use. <b>Keep out of reach of children.</b> In case of overdose, get medical help or contact a Poison Control Center right away.	
<b>Directions</b> ■ Read all package directions and warnings before use. ■ Use only as directed. ■ Adults: One (1) pill (100 mg) or 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. ■ Start taking 5 or 6 days before onset of period and continue use until desired relief is obtained or end of period. ■ Drink 6 to 8 glasses of water daily. ■ Recommended for use by normally healthy adults only.	
<b>Other information</b> ■ Calcium content: 30 mg/pill ■ <b>**Contents sealed:</b> Each DIUREX light green colored, round shaped pill bears the identifying mark "ALVA" and is sealed in a clear plastic blister with a 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.	
<b>Inactive ingredients</b> 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.	
<b>Questions? 1-800-792-2582</b>	