Drug Facts

Active ingredient (in each softgel capsule)
Solubolized Pamabrom, 50 mg......

Purpose
.. Diuretic

Uses For the relief of ■ temporary water weight gain ■ bloating ■ swelling ■ full feeling associated with the premenstrual and menstrual periods.

Warnings

Ask a doctor or pharmacist before use if you are taking any other medication.

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: One (1) soft gel capsule after breakfast with a full glass of water.
- Dose may be repeated after 6 hours, not to exceed four (4) soft gel capsules in 24 hours. Start taking 5 or 6 days before onset of period and continue until desired relief is obtained or end of period. Drink 6 to 8 glasses of water daily.
- For use by normally healthy adults only. Persons under 18 years of age should use only as directed by a doctor.

Other information **Contents sealed: Each DIUREX, clear translucent blue colored, oval shaped softgel capsule 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 Questions? below.

Inactive ingredients FD&C Blue #1, gelatin, glycerin, hypromellose, polyethylene glycol, povidone, propylene glycol, purified water, sorbitol and titanium dioxide.

Questions? 1-800-792-2582