

◆ People live a hectic life in this modern world, and not a few of them must be annoyed by insomnia due to stress. ■ Neoday is an OTC drug that contains antihistaminic agent diphenhydramine hydrochloride to improve your sleep. ■ The drug alleviates temporary symptoms of insomnia such as having difficulty falling asleep and shallow sleep.

## Indication

To alleviate the following symptoms because of temporary insomnia: trouble falling asleep and shallow sleep

## Dosage and administration

Take the drug at the following dose with cold or lukewarm water once daily at bedtime when you experience difficulty in falling asleep or bad sleep.

Adults (15 years or over): 2 tablets per dose, once daily

Under 15 years: Do not take

Comply with the prescribed dosage and administration instructions.

Do not take the drug at any time other than before bedtime.

How to take out the tablets

- As shown in the figure, press the convex part of the PTP sheet containing the tablet firmly with your fingertips, break the aluminum foil on the back side, and take out the tablets.

- (If the tablets are inadvertently taken together with the PTP sheet containing them, it will lead to unexpected accidents, such as the sharp edge sticking into the esophageal mucosa.)

## ingredient and amount

In 2 tablets

Diphenhydramine Hydrochloride 50mg

## Excipients

Lactose ,Hydroxypropylcellulose,anhydrous silicic acid ,Croscarmellose sodium,Magnesium stearate,Hypromellose,Sugar,Titanium oxide,Carnauba wax

## Precautions

### When not to use the product

(If you do not follow these instructions, the current symptoms may worsen or adverse reactions/incidents are more likely to occur.)

This product should not be used in the following persons:

Pregnant women or women suspected of being pregnant.

Children under 15 years old

Chronic insomnia

Persons diagnosed with insomnia

This drug should not be taken together with the following drugs:

Other agents for anesthesia and sedation, cold medicine, antipyretic analgesics, expectorants, internal medicines containing antihistamines, etc. (internal medicine for rhinitis, medicine for motion sickness, medicine for allergies, etc.)

- After taking this drug, do not drive a car or operate machinery (sleepiness may occur).

(Drowsiness may cause accidents. If drowsiness continues during the day after taking the drug or if you feel dull, do not drive a car or operate machinery until these symptoms resolve.)

- Nursing women should either not take this medicine or stop nursing while taking this medicine.

Do not drink alcohol before and after taking this drug.

Take this drug only when you have trouble falling asleep or experience shallow sleep. Do not take this continuously.

## Consultation

- The following persons should contact a physician, pharmacist, or registered salesperson for a consultation before administration.

Patients undergoing medical treatment from a physician

The elderly

Patients who have experienced allergic symptoms associated with drugs, etc.

Persons with the following symptoms:

urination difficulty

Persons diagnosed as having the following

Glaucoma, prostatic hypertrophy

- If the following symptoms are observed after taking this drug, these may be adverse reactions, so immediately discontinue the use of this drug, and show this document to your physician, pharmacist, or registered salesperson for a consultation.

Skin

rash/redness  
itching  
Gastrointestinal system  
stomachache  
Vomiting  
Vomiting  
Loss of appetite  
Neuropsychiatric system  
dizziness  
Hypersensitivity  
headache

Heavy-headedness when awakening, drowsiness during day time, discomfort, nervousness, temporary consciousness disorder (decreased attention, state of being half asleep, deteriorated judgment, abnormal speech and behavior, etc.).

Other:

palpitations  
malaise  
urination difficulty

● The following symptoms may be observed after taking this drug. If these symptoms persist or worsen, discontinue the use of this drug, and show this document to your physician, pharmacist, or registered salesperson for a consultation.

Dry mouth  
diarrhea

If symptoms do not resolve after taking 2 to 3 doses, discontinue the use of this drug, and show this document to your physician, pharmacist, or registered salesperson for a consultation.

Other precautions

You may feel sleepy even on the following day or may feel dullness.

## Precautions for storage and handling

Avoid direct sunlight, and store the product in a cool place with little humidity.

Store the product beyond the reach of children.

Do not transfer the drug to other containers. (It may lead to misuse or quality deterioration)

Do not take the product past the expiration date.

Even before the expiration date, use up to within 6 months after it is opened (to assure quality).

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### 【Disclaimer on Multilingual OTC Product Information】

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