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Equate sleep aid reviews

Equate Sleep Aid has an average rating of 4.3 out of 10 from a total of 8 ratings on Drugs.com. 29% of users who reviewed Equate Sleep Aid reported a positive effect, while 57% reported a negative effect. Reviews can be moderated or edited before publication to correct grammar and spelling or to remove inappropriate language and content. Reviews that seem to be created by parties with a vested interest in medicine will not be published. Since reviews and ratings are subjective and self-reported, this information should not be used as a basis for any statistical analysis or scientific studies. This information is NOT intended to support any particular medication. While these reviews may be helpful, they are not a substitute for the expertise, knowledge and judgment of health professionals. Equate Sleep Aid is an over-the-counter sleep supplement that claims to make you go to sleep quickly. Its main ingredient is diphenhydramine hydrochloride. This sleep aid is designed to give you a quiet night without having to worry about sleep interruptions. It is also an easy to swallow capsule, and it is non-habit forming. Contains no painkillers, it is a simple sleep aid that provides relief for occasional insomnia. Discover our favorite option [HERE](#) Who does equate Sleep Aid? Equate is the original manufacturer of this product. But reports say they are now a subsidiary of Walmart Corporation. Unfortunately, we found no information about Equate. If you want to purchase the product or ask information about it, you can try contacting Walmart because they are the product's current distributor. They have a contact page on their website where you can submit your questions. Best Equate Sleep Aid Alternative Due to all negative reviews about Equate Sleep Aid, we've been looking for a competitive product that was proven more effective. We checked several of them with fraud, and finally came around a real effective sleep supplement. You can read its review [HERE](#). Who is equate sleep support for? Equating Sleep Aid is for those who suffer from insomnia. However, it is only intended for those aged 12 and over. This sleep supplement is only for occasional insomnia. If your sleep problems persist for more than two weeks, consult your doctor. Insomnia can be a symptom of another serious medical condition. Also note that it is not for those who have breathing problems such as asthma and chronic bronchitis. Individuals with glaucoma and enlarged prostate gland should also refrain from using it. How To Equate Sleep Support Work? Equate Sleep Aid contains diphenhydramine. This is an antihistamine for common colds, hay fever, and allergic reactions. However, it can also treat anxiety and induce sleepiness when taken at a specific dosage. On a temporary basis, diphenhydramine can cause severe Hence, your your supplements with such an ingredient should be monitored and regulated. Generally, diphenhydramine works by blocking histamine and acetylcholine in the body. When these two are blocked, your brain becomes less active. The organ begins to relax, and you begin to feel drowsy. This supplement claims to contain just the right amount of diphenhydramine you need to feel sleepy. It helps you sleep quickly, making you feel more energized the next day. Equating Sleep Aid Ingredients This sleep supplement has only one active ingredient, which is Diphenhydramine HCl. As an antihistamine, this ingredient treats cough and cold. It also acts as a treatment for allergic reactions. However, it can cause side effects if you take it in excess. It also has the potential to interact with other drugs if you are taking other medications. Hence, it would be best to consult with your doctor first before using any supplement with such an ingredient. Some of the other inactive ingredients in this sleep aid are: Carnauba Wax – an additive that adds a glossy finish to capsules and other substances. Crospovidone – acts as a binder in the creation of drug tablets. There are studies that show that it can cause pulmonary vascular damage. Dibasic Calcium Phosphate – acts as an additive to products that eliminate body odor such as deodorants. Hypromellose – also known as artificial tears. They relieve the pain caused by dry eye and soreness. Polyethylene glycol – acts as a laxative that treats temporary constipation. It also treats irregular bowel movements. Equating Sleep Aid Side Effects Walmart does not provide a list of the side effects that can be caused by taking this sleep aid. There is also no information available coming from the original manufacturer. However, there are many reports from personal reviews and blogs of trusted medical websites that provide a list of its side effects. These include: muscle weakness dizziness and

drowsiness, coordination headaches dry mouth, nose, throat stomach upset and constipation blurred vision mental or mood changes (e.g. restlessness, confusion) difficulty urinating or irregular heartbeat worsening allergic reactions (e.g. rash, itching, swelling) Given this information, be sure to take the necessary precautions. Consult with your doctor first before taking this sleep aid. Equate Sleep Aid Dosage For best results, take a softgel 30 minutes before bedtime. Take it only once daily or as recommended by your doctor. Avoid alcoholic beverages when using this product. Similarly, refrain from lifting heavy equipment or machines until you feel its effects. If you miss taking one tablet for a day, don't take two the next day just to compensate. This may lead to an overdose of the product. Equate Aid Reviews The Equate Sleep Aid reviews available online are mixed. There are customers who were results while there are also those who were disappointed. Those who said it was effectively praised the product as it worked for them. They were also glad it didn't leave a groggy feeling in the morning. Disgruntled customers complained about the inefficiency of the product. Some said they even tried to increase the dosage, but it certainly didn't produce any effect on them at all. One customer reported that it worked for him, but it really made him feel tired. He said that while it made him sleep, it made him feel always exhausted. Where to buy equate Sleep Aid? You can buy this product directly from Walmart. Some other online retailers like Amazon also sell it. DISCOVER OUR FAVORITE OPTION HERE For Equatolsleep Support Really Works or Is It a Scam? Equate Sleep Aid seems to work for some people. There are many reviews talking about its safety and effectiveness. There are also doctors and experts who support its claims. However, our main concern is the information about its manufacturers. For now, all we know is that it is distributed by Walmart. We're not entirely sure who's creating it. The only information we know is that the manufacturer's name is Equate. They don't have an official website, and even Walmart doesn't mention anything about them. Therefore, it is quite difficult to trust the product's claims without knowing who the manufacturer really is. The side effects of sleep support look alarming as well. In this regard, we strongly recommend looking for other sleep supplements that can help you regulate your sleep patterns better. There are other products available on the market today that give the same effect but are manufactured by well-known and reputable companies. Sorted by: Latest by Tarah Petrie review for Equate Sleep Aid dOESNT work for me. on the first night, I could sleep well. On the following days, I no longer get a good night sleep. by Rhett W. review for Equate Sleep Aid It's just a waste of money. I will return this product. Can You Help Me? by Oscar Marmon Review for Equate Sleep Aid RIP OFF!!!! IT DOESN'T WORK AS A SLEEP AID. HEADACHE IS ALL YOU GET! by Isaiah C. review for Equate Sleep Aid I still have a harder time sleeping with Equate. I better go back to my old sleeping pills. They work much better and they are very cheaper. by Juliann Picken review for Equate Sleep Aid I seem to sleep well so I give it a 3 star rating. But, I always wake up with a terrible headache. Do you have experience with Equate Sleep Aid? Does it work? Were you satisfied with the results? Please share your thoughts, review and rate the product and help others! © 1996-2014, Amazon.com, Inc. or its subsidiary User Rating: 55% 1 + - 1001 Equate Nighttime Sleep Aid is a floating gel cap that is designed to get users to sleep quickly, sleeping all night, and waking up energy and ready to Day. The product acts as an antihistamine, and also that it is non-habit forming and side effect free. The product is sold in packs of 96 liquid-filled softgels, which are supposed to be taken only one at a time when needed before going to bed. As of this writing, the top rated sleep supplement on the market is Fenotrex. It was reviewed among hundreds of other sleep aids by a team of experts and they found that Fenotrex has the most consistently positive consumer feedback and best blend of ingredients that you'll find. Just click here to learn more about how Fenotrex could help you if you are struggling with insomnia. Equate the Nighttime Sleep Aid Ingredients and Side Effects The formula for the product only contains an active ingredient, which is clearly listed by the manufacturer along with the specific dosage used, so consumers can be informed about exactly what they put in their bodies and how it may affect them. There are some non-active ingredients that are clearly listed, even if the dosages are not. Diphenhydramine HCL: An antihistamine that can be used to relieve symptoms related allergies, colds, and hay fever. These symptoms include rashes, itching of the nose, throat, or eyes, runny nose, and sneezing. Furthermore, it can be used to prevent nausea and motion sickness. Its main purpose in this product is to help the user to go to waste. As an antihistamine, it blocks the production of histamine in your body, which can keep you awake. Unfortunately, there are some potential side effects that can occur with the ingredient, such as: Dizziness, constipation, upset stomach, and dry mouth There are some inactive ingredients that are listed including magnesium stearate, nauba wax, and titanium dioxide. No longer struggling with poor sleep, instead take a look at our top 10 sleep aids available on the market now. Equating Nighttime Sleep Support Quality of Ingredients As we already mentioned, there is only one active ingredient included within Equate Nighttime Sleep Aids – the antihistamine Diphemhydramine HCL, used here in 50 mg doses, with one dosage being a liquid gelcap. Antihistamines can be effective in increasing sleepiness because it limits the production of histamine, something that actually encourages wakefulness in your brain. When an antihistamine is introduced, the brain becomes less active and the mind begins to feel drowsy. Antihistamines are certainly effective sleep aids in the sense that they make you feel drowsy and can help the user to sleep, but as the only active ingredient in the formula, it unfortunately leaves several different areas of healthy sleep patterns unaddressed. In particular, there is nothing within the formula that can allow the user to wake up feeling refreshed and ready to take on the day. Generally, the best sleep aids more well rounded to be able to deal with several different aspects of a user's sleep and to help create a healthier sleep schedule. What the product lacks are ingredients like a melatonin, chamomile, and valerian root, which can reduce anxiety, put the mind to the east, and help the body establish healthier sleep patterns. Follow this link to find the right sleep support for you and your needs through an expert top 10 list. The price and quality of the Equate Nighttime Sleep Aid product is sold in a variety of sizes and dosages, but the most common is the bottle containing 96 liquid softgels, each containing 50mg Diphenhydramine HCL, which is supposed to be taken just one at a time. These bottles are sold for \$9.87 through walmart's website, meaning that each bottle can last up to three months if used as directed for less than \$10, which is a very competitive price. The product is also offered through Amazon for \$8.30, but it's only for a bottle of 32 liquid softgels. There does not seem to be any free trials or money back warranties offered through any supplier through which the product is sold unfortunately, which means that if the product proves to be ineffective it will only be a reduced cost to the user. That said, at these prices, it may be worth the risk to many potential consumers. The Business of Equate Nighttime Sleep Aid Equate was actually a previously independent manufacturer of products such as skin lotions, shaving cream, and over the counter medications. They were acquired by and became a subsidiary of Wal-Mart corporation, where it is mostly sold. Here are the contact details we could find for the company online: Address: No physical address given. Phone number: No phone number is specified. Email: No email address is provided, but questions can be submitted electronically through the Walmart website. Currently, it appears that there are no pending lawsuits or disputes against any Equator Products. The best sleep aids have been made easy to find through this top 10 list compiled by experts. Customer Opinions of equate Nighttime Sleep Aid Equate Nighttime Sleep Aid is sold through a variety of online vendors, such as Amazon and Walmart, as well as over the counter at Walmart locations. As a result, there are several consumer reviews that can be found online. For the most part, the reviews for the product mixed to negative, with many users stating that it was ineffective and overpriced. Here are some of the consumer reviews that we could find online: I was disappointed that this didn't work for me, because the price was good, but it didn't make me sleepy. I tried to use up to 4 tablets in once an hour before bedtime, but these don't seem to help me at all. This product makes your body feel tired, but when I got to bed it still took a while to get me to sleep. I enough finish finish but will not buy another. Make sure you wake up refreshed and ready to work by using one of the top 10 sleep aids listed here. Conclusion – Does Equates Nighttime Sleep Support Work? Equate producing a range of products under the umbrella of Walmart corporation that are affordable and generally seem to have a good reputation. As a result, many potential consumers may be tempted to try Nighttime Sleep Aid, but unfortunately it seems that sleep aid only addresses one aspect of sleep health and won't provide relief to users whose sleep issues are deeper or stretching wider than just the inability to sleep. By utilizing an antihistamine as its main and only active ingredient, the product should be effective in making users drowsy and put them to sleep, but it does not take up the quality of sleep they receive nor does it provide any insurance that the user will not wake up at some point during the night and not be able to go back to sleep. Furthermore, it does not provide nutrients or vitamins that can help the user's body eventually adjust and learn to sleep on its own. The lack of melatonin as a means, setting a sleep schedule is more difficult. We would recommend a more well-rounded sleep aid that contains several ingredients that have been shown to be effective and each plays a different role in sleep health. Therefore, we would recommend Fenotrex, which is the top rated sleep aid currently available in the market. A team of review experts evaluated all sleep aids on the market and found that Fenotrex is the most effective at getting users to sleep and help them sleep through the night. Furthermore it has a strong blend of ingredients that have been tested by third parties and mixed in GMP approved plants. If you want to know more about what Fenotrex can do for you, then just click here. This.

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