



COLD & FLU

MAX STRENGTH CAPSULES

paracetamol, caffeine, phenylephrine hydrochloride

- This medicine is used for the treatment of cold and flu symptoms, including aches, pains and fever (high temperature), sore throat, congestion and tiredness.
 - This medicine is for use by adults and children aged 12 years and over.
 - **Do not use this medicine:**
 - There are some people who should not use this medicine. To find out if you are one of them see section 2 >
 - If you have ever had a **bad reaction** to any of the ingredients. For the list of ingredients see section 6 >
 - **Speak to your doctor:**
 - If you suffer from any of the conditions mentioned in section 2. See Section 2 >
 - If you are taking any **other medicines**. See Section 2 >
 - **Follow the dosage instructions carefully.** See Section 3 >
- Now read this whole leaflet carefully before you use this medicine.** Keep the leaflet; you might need it again.

I What the medicine is for

Benylin Cold & Flu Max Strength Capsules relieve the symptoms of colds and flu, including headache, fever, nasal congestion, sore throat, fatigue and drowsiness, aches and pains.

The capsules contain paracetamol, an analgesic and antipyretic to relieve pain and fever; caffeine, a stimulant to help combat the tiredness associated with a cold and to help increase the pain relief; and phenylephrine, a decongestant to relieve nasal congestion.

2 Before taking this medicine

This medicine is suitable for most people but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

⚠ If you are pregnant or breast-feeding

Do not take this product if you are pregnant. Ask your doctor or pharmacist for advice before taking any medicine.

CONTAINS PARACETAMOL

Do not take anything else containing paracetamol whilst taking this medicine.

3 How to take this medicine

Check the table below to see how many capsules to take.

- For oral use only.
- Swallow whole with water. Do not chew.
- Do not take more medicine than the label tells you to.

ⓘ Children under 12 years

Do not give to children under 12 years old.

ⓘ Adults and children aged 12 years and over

Age	Dose
Adults and children aged 12 years and over	Take two capsules up to aged 12 years and over four times a day if necessary.

- Leave at least four hours between doses.
- Do not take more than eight capsules a day.
- If symptoms persist, talk to your doctor or pharmacist.

⚠ If anyone has too much

Talk to a doctor at once if you take too much of this medicine even if you feel well. This is because too much paracetamol can cause delayed, serious liver damage.

⚠ If you forget to take the medicine

If you forget to take a dose, take the next dose when needed provided that the last dose was taken at least 4 hours ago. **Do not** take a double dose.

4 Possible side-effects

Benylin Cold & Flu Max Strength Capsules can have side-effects, like all medicines, although these don't affect everyone and are usually mild and temporary.

If you experience any of the following, stop using the medicine and tell your doctor:

- Allergic reactions such as skin rash.
- Raised blood pressure with headache, vomiting and palpitations.

⊗ Do not use this medicine...

- If you are taking any other medicines containing **paracetamol**.
- If you have ever had a **bad reaction** to any of the ingredients.
- If you have **high blood pressure, severe heart disease, circulatory problems,** or an **overactive thyroid gland**.
- If you have a history of **stomach ulcers**.
- If you are taking, or have taken in the last two weeks, **drugs for depression** known as Monoamine Oxidase Inhibitors (MAOIs).
- If you are **pregnant** or **breast-feeding**, unless advised by your doctor.
- In children **under 12 years old**.

⚠ Talk to your doctor or pharmacist...

- If you suffer from **liver** or **kidney problems**.
- If you suffer from **alcoholic liver disease** or **alcohol dependence**.
- If you have **diabetes**.
- If you have a condition called **Raynaud's Phenomenon** (which results from poor circulation in the fingers and toes).
- If you are taking **alcohol**.
- If you are taking **other medicines** including:
 - **colestyramine** (used to lower blood **cholesterol**).
 - **metoclopramide** or **domperidone** (used to treat **nausea** and **vomiting**).
 - **tricyclic antidepressants** (used to treat **depression**).
 - **barbiturates** (a kind of sleeping tablet).
 - **sympathomimetic drugs** (used to treat **congestion** and **asthma**).
 - **antihypertensives** (drugs used to treat **high blood pressure** such as beta blockers).
 - **anticoagulants** (drugs used to **thin the blood** such as warfarin or coumarins).
- If you are not sure about any of the medicines you are taking, show the pack to your pharmacist.
- If any of these bullet points apply, **talk to a doctor or pharmacist**.

- Increase or decrease in heart rate.

- There have been rare reports of blood disorders although these were not necessarily related to paracetamol.

Other effects which may occur include:

- Nausea.
- Difficulty sleeping.
- Tingling and coolness of the skin.

Very rare cases of serious skin reactions have been reported.

Reporting of side-effects

If you get any side-effects, talk to your doctor, pharmacist or nurse. This includes any possible side-effects not listed in this leaflet. You can also report side-effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard

By reporting side-effects, you can help provide more information on the safety of this medicine.

5 Storing this medicine

Do not store this product above 25°C. Keep the product out of the reach and sight of children. Do not use your medicine after the date shown as an expiry date on the packaging.

6 Further information

What's in this medicine?

The active ingredients in Benylin Cold & Flu Max Strength Capsules are: Paracetamol 500 mg, caffeine 25 mg, and phenylephrine hydrochloride 6.1 mg.

Other ingredients are: Maize starch, croscarmellose sodium, sodium laurilsulfate, magnesium stearate, talc, gelatin, quinoline yellow (E104), titanium dioxide (E171), Patent Blue V (E131) and erythrosine (E127).

What the medicine looks like

Benylin Cold & Flu Max Strength Capsules are red/yellow capsules available in a 16 capsule pack.

Marketing Authorisation holder:

Wrafter Laboratories Ltd., Wrafter, Braunton, Devon, EX33 2DL, UK.

Manufacturer:

Wrafter Laboratories Ltd., Wrafter, Braunton, Devon, EX33 2DL, UK.

Benylin is a registered trade mark.

