

Lemsip Max All in One Liquid

Patient Information Leaflet

Read this leaflet carefully because it contains important information for you.

- *Keep this leaflet. You may need to read it again.*
- *Ask your pharmacist if you need more information or advice.*
- *You must contact a doctor or pharmacist if your symptoms worsen or do not improve.*

In this leaflet:

- 1. What this medicine is for**
- 2. Before you take the medicine**
- 3. How to take the medicine**
- 4. Possible side effects**
- 5. Storing the medicine**
- 6. Further information**

1. What this medicine is for

This medicine provides short term relief of cold and flu symptoms, including aches and pains, headache, feverishness, blocked nose, tickly sore throat and chesty coughs. Paracetamol is an analgesic (relieves pain) and antipyretic (reduces fever). Phenylephrine Hydrochloride is a nasal decongestant; it reduces swelling of the blood vessels in the nasal passages, helping you to breathe more easily. Guaifenesin is an expectorant which loosens phlegm so will relieve chesty coughs. Cetylpyridinium Chloride is an antiseptic and anti-infective which will ease tickly sore throats.

2. Before you take the medicine

Do not take Lemsip Max All In One Liquid if you:

- You are allergic to any active substances or any of the other ingredients listed in section 6.
- You are pregnant or breast-feeding.
- You have a serious heart condition
- You have high blood pressure (hypertension) or an overactive thyroid.
- You are taking or have taken within the last 14 days a medicine called a monoamine oxidase inhibitor (MAOI), usually used to treat depression.

Do not give to children under 12 years of age

Talk to your doctor or pharmacist before taking this medicine if you:

- You have Raynaud's syndrome (poor blood circulation which makes the fingers or toes pale and numb), or diabetes mellitus.
- You have closed angle glaucoma or prostatic enlargement
- You are taking beta-blockers for high blood pressure, or vasodilators (drugs used to treat high blood pressure, leg pain due to vascular problems or Raynaud's syndrome).
- You are taking tricyclic antidepressants (a specific class of drugs used to treat depression), other decongestants or barbiturates (used to treat sleep problems or epilepsy).
- You have a problem with your liver or kidneys.
- You have non-cirrhotic liver disease (liver disease that is not associated with changes in the structure of the liver).

- You are taking other medicines. Some drugs may affect the way in which paracetamol works, including those used to treat blood cholesterol (cholestyramine) and nausea and vomiting (metoclopramide and domperidone). The effect of blood thinning drugs (warfarin and other coumarins) may be increased by paracetamol. Some drugs may affect the way in which phenylephrine works (digoxin and cardiac glycosides).

If you are taking other medicines

You must not take this medicine if you are taking:

- any other paracetamol-containing products.
- any other product for the relief of colds, flu or congestion.

Pregnancy and Breast feeding

Do not take this medicine if you are pregnant.

Important information about some of the ingredients

Each dose contains 2g Liquid Maltitol and approximately 3g of sorbitol. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product. This product may have a mild laxative effect.

Calorific value 2.6 kcal/g sorbitol.

WARNING: This product contains 19% (v/v) ethanol. Each 20 ml dose contains up to 3g of ethanol (alcohol), equivalent to 32ml of wine or 76ml of beer. Harmful for those suffering from alcoholism. To be taken into account in pregnant or breastfeeding women, children and high-risk groups such as patients with liver disease or epilepsy.

The amount of alcohol in this medicinal product may alter the effects of other medicines.

The amount of alcohol in this medicinal product may impair your ability to drive or use machines.

3. How to take the medicine

Shake the bottle for at least 10 seconds before use. For oral use only.

Never give more medicine than shown in the table.

Always use the measuring cup supplied with the pack.

Do not overfill the measuring cup.

Do not give this medicine with any other **paracetamol**-containing product.

Do not give more than 4 doses in any 24 hour period.

Leave at least 4 hours between doses.

Do not give this medicine to your child for more than 3 days without speaking to your doctor or pharmacist.

As with all medicines, if your child is currently taking any medicine consult your doctor or pharmacist before taking this product.

Age	Dose and how often to take
Adults (16 years and over).	Fill the measure cup to the 20ml mark and take one 20ml dose (four 5ml spoonfuls). Wipe the neck of the bottle clean and replace the cap securely, without over-tightening it. Rinse the measure cup after use. Leave at least 4 hours between doses, and do not take more than 4 doses in any 24 hours.
Children 12-15 years.	Fill the measure cup to the 15ml mark and take one 15ml dose (three 5ml spoonfuls). Wipe the neck of the bottle clean and replace the cap securely, without over-tightening it. Rinse the measure cup after use. Leave at least 4 hours between doses, and do not take more than 4 doses in any 24 hours.
For short term use only. If symptoms do not go away talk to your doctor. Do not exceed the stated dose. Do not give to children under 12 years of age.	

If you forget to take this medicine:

Do not take a double dose to make up for forgotten individual doses.

If you take too much medicine:

Talk to the doctor straight away, or go to your nearest hospital casualty department. Take the carton and this leaflet with you. 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. The hazard of overdose is greater in those with non-cirrhotic alcoholic liver disease.

4. Possible side effects

Most people take Lemsip Max All in One Liquid without any problems but, like all medicines, it can cause side effects. If you experience any of the following symptoms, or have any other unusual symptoms or concerns with your medicine, stop taking it and talk to your pharmacist or doctor:

- skin rashes or other allergic reactions
- rarely blood disorders (these may be seen as unusual bleeding or unexplained bruises, sore throat, ulcers in your mouth or throat, fever, unusual tiredness or weakness)
- Changes in the number of blood cells, such as thrombocytopenia (reduction in blood platelets which might mean that you bleed or bruise more easily), leucopenia, pancytopenia, neutropenia and agranulocytosis (reduction in white blood cells which make infections more likely).
- rarely dizziness, palpitations and high blood pressure

- upset stomach or diarrhoea

- headache

- Nausea and Vomiting

- Difficulty in passing urine (in men only)

- Acute pancreatitis (after ingestion of above normal amounts)

Also you can help to make sure that medicines remain as safe as possible by reporting any unwanted side-effects via the internet at www.yellowcard.gov.uk; alternatively you can call Freephone 0808 100 3352 (available between 10am-2pm Monday - Friday) or fill in a paper form available from your local pharmacy.

5. Storing the medicine

Do not use after the expiry date printed on the label and carton.

Do not use if any solids can be seen in the solution.

Do not store above 25°C. In order to protect from light, keep the container in the outer carton. Keep the container tightly closed.

Store safely out of the sight and reach of children.

6. Further information

What is in this medicine:

The active ingredients are: Paracetamol 1000mg, Phenylephrine Hydrochloride

12.18mg, Guaifenesin 200mg and Cetylpyridinium Chloride 3.0mg in each 20ml dose.

The other ingredients are: Liquid Maltitol, Sorbitol (E420), Ethanol, Propylene Glycol, Glycerol (E422), Saccharin Sodium, Sodium Cyclamate, Acesulfame Potassium, Sodium Citrate, Anhydrous Citric Acid (E330), Xanthan Gum (E415), Levomenthol, Eucalyptus Oil, colours Quinoline Yellow (E104), Patent Blue V (E131) and Purified Water.

What this medicine looks like and contents of the pack

Lemsip Max All in One Liquid is a green solution. This medicine is available in bottles containing 160ml of liquid (8 doses).

Marketing Authorisation Number: PL 00063/0625

Marketing Authorisation Holder: Reckitt Benckiser Healthcare (UK) Ltd, Dansom Lane, Hull HU8 7DS

Manufacturer: Reckitt Benckiser Healthcare (UK) Ltd, Dansom Lane, Hull HU8 7DS.



The CE mark only covers the measure cup.

Manufacturer of the measure cup: United Closures & Plastics Ltd (UCP), Salhouse Road, Norwich, NR7 9AL, UK.

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