

Package leaflet: Information for the user

Lemsip Max All in One Cold & Flu Capsules

Each capsule contains Paracetamol, Guaifenesin and Phenylephrine Hydrochloride

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

This medicine is available without prescription. However, you still need to take this medicine carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact your doctor if your symptoms worsen or do not improve after 3 days.
- If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What this medicine is and what it is used for
2. Before you take this medicine
3. How to take this medicine
4. Possible side effects
5. How to store this medicine
6. Further information

1. WHAT THIS MEDICINE IS AND WHAT IT IS USED FOR

Capsules for oral use.

This medicine is a combination of active ingredients which are effective in relieving the symptoms associated with colds and flu, including relief of aches and pains, sore throats, headache, nasal congestion, lowering of temperature and chesty cough.

Paracetamol is a well-known painkiller (analgesic). It is effective against aches and pains, including headache and can also reduce a fever (antipyretic). Guaifenesin (expectorant) allows you to cough up phlegm when suffering from a chesty cough. Phenylephrine hydrochloride (nasal decongestant) reduces swelling in the passages of the nose, relieving nasal congestion and reducing pressure which may cause a headache.

2. BEFORE YOU TAKE THIS MEDICINE

Do not take this medicine if:

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

Take special care with this medicine if:

- You suffer from liver or kidney problems, heart disease.
- You suffer from Raynaud's syndrome (poor blood circulation which makes the fingers or toes pale and numb), or diabetes mellitus.
- You have non-cirrhotic (liver disease that is not associated with changes to the structure of the liver) liver disease.
- You are a woman with a history of pre-eclampsia (a condition of high blood pressure and swelling in pregnancy).
- You have glaucoma or enlarged prostate.

If any of the above apply to you, talk to your doctor or pharmacist before taking this medicine

Taking other medicines:

- Do not take with any other paracetamol-containing products.
- Do not take with any other product used for relief of colds, flu or congestion.

If you are taking any of the following medicines, talk to your doctor or pharmacist before taking Lemsip Max All in One Cold & Flu Capsules:

- 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)
- Tricyclic anti-depressants (a specific class of drugs used to treat depression), other decongestants, or barbiturates (used to treat sleep problems or epilepsy)
- Some drugs may affect the way paracetamol works, including those used to treat blood cholesterol (cholestyramine) and nausea and vomiting (metoclopramide and domperidone). Some drugs may affect the way in which phenylephrine works (digoxin and cardiac glycosides)
- The effect of blood thinning drugs (warfarin and other coumarins) may be increased by paracetamol.

Taking this medicine with food and drink:

- Do not take with large quantities of alcohol.

3. HOW TO TAKE THIS MEDICINE

The capsule should be swallowed whole with water. Do not chew.

It is important to drink plenty of liquid when suffering from colds and flu.

Age	Dose and how often to take
Adults and children 16 years and over	Take two capsules every 4-6 hours. Do not exceed eight capsules in a total of 24 hours.
Children 12 to 15 years	Take one capsule every 4-6 hours. Do not exceed four capsules in a total of 24 hours.
Do not give to children under 12 years of age	

If symptoms persist for more than three days, or worsen, consult your doctor.

If you take more of this medicine than you should:

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 this medicine:

This product should only be used when necessary. Do not take a double dosage to make up for a forgotten dose.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. POSSIBLE SIDE EFFECTS

Like all medicines this product can cause side effects, although not everybody gets them.

- Allergic reactions (which may include skin rashes, swelling of face, lips, tongue or difficulty in breathing)
Stop taking the medicine at once and seek medical attention should any of the symptoms occur.
- 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).
- High blood pressure with headache.
- Nausea and vomiting.
- Stomach discomfort
- Irregular or fast heartbeats.
- Difficulty in passing urine (in men only)

If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist. 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.mhra.gov.uk/yellowcard. Alternatively you can call Freephone 0800 100 3352 (available from 10am to 2pm Mondays to Fridays) or fill in a paper form available from your local pharmacy.

5. HOW TO STORE THIS MEDICINE

Do not store above 25°C.

Keep out of the reach and sight of children.

Do not use this medicine after the expiry date which is stated on the carton and blister after EXP.

The expiry date refers to the last day of that month.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help protect the environment.

6. FURTHER INFORMATION

What this medicine contains:

- The active ingredients per capsule are: paracetamol 500mg, guaifenesin 100mg and phenylephrine hydrochloride 6.1mg.
- The other ingredients are: maize starch, croscarmellose sodium, sodium laurilsulfate, magnesium stearate, talc, gelatin, titanium dioxide (E171), yellow and red iron oxide (E172), brilliant blue – FD&C blue 1 (E133) and shellac (E904).

What the medicine looks like and the contents of the pack:

The product is a hard gelatin capsule with a green body and a red cap with Lemsip printed on the cap.

UK: The product is available in cartons of 8 and 16 capsules.


NZ: The product is available in cartons of 16 capsules.

Marketing Authorisation Holder:

UK: Marketing Authorisation Holder/Manufacturer: Reckitt Benckiser Healthcare (UK) Limited, Hull, HU8 7DS. (PL00063/0551)

NZ: Marketing Authorisation Holder: Reckitt Benckiser Healthcare, Auckland, New Zealand 0508 731234

Alternative format patient information for the visually impaired is available on request from the marketing authorisation holder.

Lemsip, Lemsip Max and  are trade marks.