

PATIENT INFORMATION LEAFLET

VALUE HEALTH Cold Relief Powders Lemon Flavour (Paracetamol)

5 sachets

Read all of this carton for full instructions.

What this medicine is for

This medicine contains paracetamol to relieve pain and reduce fever. The powders give effective relief from the symptoms of colds and flu.

Before you take this medicine

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Contains Paracetamol
Do not take anything else containing paracetamol while taking this medicine.

X Do

- If you are allergic to any of the ingredients in this medicine
- If you have an intolerance to some sugars, unless your doctor tells you to (this medicine contains sucrose)

not take:

! Talk to your pharmacist or doctor:

- If you have severe kidney or liver problems (including a disease caused by drinking alcohol)
- If you take other medicines – metoclopramide or domperidone (for feeling sick or being sick), colestyramine (for reducing blood fat levels), warfarin or other blood thinners
- If you are on a low salt (sodium) diet (each sachet contains 140 mg of sodium)
- If you are pregnant

Each sachet contains 2.7 g sucrose. This should be taken into account if you have diabetes.

✓ How to take this medicine

Adults and children of 12 years and over:

Empty the contents of one sachet into a tumbler. Fill with freshly boiled water and stir until dissolved. Allow to cool and then drink the solution. Take every 4 hours if you need to.

Don't take more than 4 sachets in any 24 hours.

Do not give to children under 12 years.

Do not take more medicine than the label tells you to.

Do not take this medicine for more than 3 days, unless your doctor tells you to.

If you do not get better, talk to your doctor.

- ! **If you take 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.

Possible side effects

Most people will not have problems, but some may get some.

! If you get any of these serious side effects, stop taking the medicine. See a doctor at once:

- Difficulty in breathing, swelling of the lips, face, tongue or throat (severe allergic reactions)
- Very rare cases of serious skin reactions have been reported.

If you get any of the following side effects see your pharmacist or doctor:

- Other allergic reactions (e.g. skin rash)
- Unusual bruising or infections such as sore throat – this may be a sign of very rare changes in the blood

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 on this carton. 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.

Do not store above 25°C.

Keep all medicines out of the sight and reach of children.

Use by the date on the sachet edge or end flap of the carton.

Active ingredient

Each sachet of powder for oral solution contains Paracetamol 650 mg.

Also contains: sucrose, sodium citrate, citric acid, tartaric acid, sodium cyclamate, ascorbic acid, starch, natural colour (E100), spray dried lemon juice, lemon aroma.

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Manufactured for Value Health Nottingham NG2 3AA by the Marketing Authorisation holder Bell Sons & Co (Druggists) Ltd Gifford House Southport PR9 9AL.

If you need more advice ask your pharmacist.