

Information for the user



Max Strength Cold & Flu Relief Blackcurrant Flavour Powder For Oral Solution

(Paracetamol, Phenylephrine Hydrochloride)

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

This medicine is available without prescription to treat minor conditions. However, you still need to take it 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

What this medicine is for

This medicine contains Paracetamol, an analgesic which relieves pain and reduces fever, and Phenylephrine, a decongestant to relieve a blocked up nose. It can be used to relieve the symptoms of colds and flu including aches and pains, sore throat, headache, blocked nose and fever.

Before you take this medicine

This medicine can be taken by adults and children of 12 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take:

- **If you are allergic** to any of the ingredients
- **If you have heart or blood vessel disease**
- **If you have high blood pressure** (including that due to a tumour near your kidney)
- **If you have diabetes, glaucoma or an overactive thyroid**
- **If you are taking monoamine oxidase inhibitors** (for depression) or have taken them within the last 14 days
- **If you have an intolerance to some sugars**, unless your doctor tells you to (this medicine contains sucrose)
- **If you are a man with prostate problems**
- **If you are pregnant or breastfeeding**, unless your doctor tells you to

! Talk to your pharmacist or doctor:

- If you have severe kidney or liver problems (including alcoholic liver disease)
- If you have been told that you have Raynaud's Phenomenon, a condition caused by poor circulation in the fingers and toes
- If you are on a controlled sodium diet (each sachet contains 118 mg sodium)

Other important information

Do not drink alcohol (e.g. wine, beer, spirits) whilst taking this medicine.

Information about some of the ingredients in this medicine: Aspartame (E951) contains a source of phenylalanine equivalent to 29.7 mg per sachet. May be harmful for people with phenylketonuria.

This medicine contains 2.4 g of sucrose per sachet. This should be taken into account if you suffer from diabetes.

The colour carmoisine (E122) in this medicine may cause allergic reactions.

If you take other medicines

! **This medicine contains paracetamol.** Do not take anything else containing paracetamol while taking this medicine.

Before you take these sachets, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Barbiturates (for epilepsy), tricyclic antidepressants
- Colestyramine (to reduce blood fat levels)
- Metoclopramide or domperidone (for feeling sick or being sick)
- Warfarin or other blood thinners - If you take warfarin you can take occasional amounts of this medicine, but talk to your doctor first before you take it on a regular basis
- Other decongestants
- Medicines for high blood pressure, heart or circulatory problems (e.g. atenolol, hydralazine or digoxin)

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

✓ How to take this medicine

Check the sachet is not broken before use. If it is, do not take that sachet.

Dissolve the contents of the sachet in a mug of hot, but not boiling, water and drink.

Age	How many	How often
Adults and children of 12 years and over	One sachet	Every 4 to 6 hours, if you need to. Don't take more than 4 sachets in 24 hours.

Do not give to children under 12 years.

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

Do not take for more than 7 days, unless your doctor tells you to.

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

! **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. Go to your nearest hospital casualty department. Take your medicine and this leaflet with you.

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 sachets. See a doctor at once:**

- Difficulty in breathing, swelling of the face, neck, tongue or throat (severe allergic reactions)

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

- Skin rash
- Difficulty sleeping, restlessness, tremor, anxiety, hallucinations
- Fast or slow heart beat, high blood pressure
- Difficulty in passing urine
- Unusual bruising or infections such as sore throats - this may be a sign of very rare changes in the blood

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.

How to store this medicine

Do not store above 25°C.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

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

What is in this medicine

Each sachet contains Paracetamol 1000 mg, Phenylephrine Hydrochloride 12.2 mg, which are the active ingredients.

As well as the active ingredients, the sachets also contain sucrose, sodium citrate, citric acid, ascorbic acid, acesulfame potassium (E950), aspartame (E951), Euroblend Blackcurrant Shade (containing carmoisine (E122), brilliant blue (E133)), blackcurrant flavours.

This pack contains 10 sachets of blackcurrant powder for oral solution.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Marketing Authorisation holder Wrafton Laboratories Limited Braunton Devon EX33 2DL

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA