

Information for the user

Boots Max Strength Sinus Pressure & Pain Relief Day & Night Capsules (Caffeine, Paracetamol, Phenylephrine Hydrochloride)

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.

- If symptoms worsen or do not improve you must see a doctor
- 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 pack contains two types of capsule both containing Paracetamol and Phenylephrine. The **Day** capsules are to take during the daytime. The **Night** capsules are to take at bedtime only. Paracetamol is a painkiller that also helps reduce fever. Phenylephrine Hydrochloride is a decongestant, which helps to relieve a blocked up nose. In addition the capsule that you take in the daytime contains Caffeine, which helps relieve tiredness associated with colds and flu. Caffeine helps increase the pain relief effect of paracetamol.

This medicine can be used to relieve the symptoms of congestion, sinusitis, colds & flu, including aches, pains, sore throat, headache, blocked nose and fever during the day and night. It can also help to relieve fatigue and drowsiness during the day.

Before you take this medicine

This medicine can be taken by adults and children aged 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 severe** heart or blood vessel disease
- **If you have high blood pressure**
- **If you have a stomach ulcer**, or have had one
- **If you have an overactive thyroid**
- **If you are taking monoamine oxidase inhibitors** (for depression) or you have taken them in the last 14 days
- **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 a disease caused by drinking alcohol)
- If you have diabetes
- If you have been told by your doctor that you have Raynaud's Phenomenon, a condition caused by poor circulation in the hands and feet

Other important information

Do not drink alcohol (e.g. wine, beer, spirits) whilst taking this medicine. Do not take the medicine if you are dependent on alcohol.

If you take other medicines

! This medicine contains paracetamol.

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

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

- Metoclopramide or domperidone for feeling sick or being sick (may increase the pain relief effect of paracetamol)
- Colestyramine for reducing blood fat levels (may reduce the pain relief effect of paracetamol)
- 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
- Barbiturates (for epilepsy or to help you sleep)
- Tricyclic antidepressants
- Other decongestants
- Medicines for high blood pressure, heart or circulatory problems

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 foil is not broken before use. If it is, do not take that capsule.

This pack contains two types of capsule.

The Day capsules are for you to take during the day.

The Night capsules are for you to take at bedtime only.

Age	What to take and when
Adults and children of 12 years and over	Take two Day capsules every four to six hours, when you need to and Take two Night capsules at bedtime only, at least four hours after the last day capsule Don't take more than 8 capsules in 24 hours.

Swallow each capsule whole with water. Do not chew.

Do not give to children under 12 years.

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

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

This medicine does not contain a sleep aid.

- ! **If you take too many capsules:** 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 capsules. See a doctor at once:

- Difficulty breathing, swelling of the face, neck or throat, (severe allergic reactions)
- Very rare cases of serious skin reactions have been reported. This may include peeling, blistering and lesions of the skin
- Fast, slow or irregular heartbeat

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

- Skin rash, tingling and coolness of the skin
- Headache, being sick
- Unusual bruising or infections such as sore throats - this may be a sign of very rare changes in the blood
- Feeling sick, difficulty in sleeping – these effects are probably caused by the caffeine in the day capsules

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 improve 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.

What is in this medicine

The Day capsules contain Caffeine 25 mg, Paracetamol 500 mg, Phenylephrine Hydrochloride 6.1 mg, which are the active ingredients.

As well as the active ingredients, the Day capsules also contain maize starch, croscarmellose sodium, sodium laurilsulfate, magnesium stearate, talc. The capsule shell contains gelatin and colours, which are titanium dioxide (E171), quinoline yellow (E104), patent blue V (E131), erythrosine (E127), indigo carmine (E132).

The Night capsules contain Paracetamol 500 mg, Phenylephrine Hydrochloride 6.1 mg, which are the active ingredients.

As well as the active ingredients the Night capsules also contain maize starch, croscarmellose sodium, sodium laurilsulfate, magnesium stearate, talc. The capsule shell contains gelatin and colours, which are titanium dioxide (E171), erythrosine (E127), indigo carmine (E132).

The pack contains 12 red and blue coloured day capsules, and 4 light blue and dark blue coloured night capsules.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Marketing Authorisation holder Wrafton Laboratories Ltd 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.

Other formats

To request a copy of this leaflet in Braille, large print or audio please call, free of charge:

0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots Max Strength Sinus Pressure & Pain Relief Day and Night Capsules

Reference number: 12063/0074

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