

Covonia Cold & Flu Formula

Important information about Covonia Cold & Flu Formula

- This medicine relieves the symptoms of cold and flu in adults and children over 12 years old.

Do not take....

- With any other products containing paracetamol or decongestants.
- If you are pregnant.
- If you accidentally take an overdose of the medicine see a doctor straight away. See section 3.

Now read the rest of the leaflet before you use this medicine. It includes other information which might be especially important for you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need any more information or advice.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

1. What the medicine is for

Covonia Cold and Flu Formula is an oral solution containing paracetamol which is an analgesic for pain relief. It also contains phenylephrine hydrochloride, a decongestant to help you breathe more easily. Guaifenesin is an expectorant which loosens phlegm and cetylpyridinium chloride is an antiseptic to ease tickly sore throats.

The medicine provides short term relief of cold and flu symptoms, including aches and pains, headache, blocked nose and tickly sore throat and chesty coughs.

2. Before you use this medicine

Do not use the medicine if you are....

- Allergic to any of the ingredients listed in section 6.
- Pregnant.
- Taking any other product containing paracetamol.
- Taking medicine for high blood pressure or any 'beta-blocker' drugs such as Atenolol.
- Taking any other product for colds, flu or congestion as Covonia Cold and Flu Formula contains a decongestant.
- Or give to children under 12 years.

Talk to your doctor or pharmacist if you have....

- Alcoholism.
- Liver or kidney problems.
- Heart disease.
- Diabetes.
- Glaucoma.
- High blood pressure.
- Prostate trouble.
- An overactive thyroid gland.

Talk to your doctor or pharmacist if you are taking.....

- Domperidone or metoclopramide for nausea and vomiting.
- Colestyramine mainly used for high cholesterol.
- Medicines used to prevent blood clotting such as warfarin.
- Medicines for heart problems.
- Medicine for depression (including monoamine oxidase inhibitors/MAOIs) within the last two weeks.
- A urine test, as this medicine may interfere with the results.

Pregnant or breastfeeding....

Do not use this medicine if you are pregnant. If you use it when breastfeeding, some drugs in this medicine will be present, in small amounts, in your milk. Ask your doctor or pharmacist for advice if you might be pregnant or are breastfeeding.

Important information about some of the ingredients

- This product contains 19 vol% ethanol (alcohol), i.e. up to 3000mg per dose, equivalent to 76ml of beer or 32ml of wine per dose. Harmful for those suffering from alcoholism. To be taken into account in pregnant or breastfeeding women, children and high-risk groups such as people with liver disease or epilepsy.
- The amount of alcohol in this medicinal product may alter the effects of other medicines, and may impair your ability to drive or use machines.
- It also contains liquid maltitol and sorbitol. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine. Each 20ml dose contains 3g of sorbitol which may have a mild laxative effect (calorific value 2.6kcal/g sorbitol).
- It contains propylene glycol which may cause symptoms like drinking alcohol.

Turn over ↗
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3. How to use this medicine

Always use the measuring cup supplied with the pack.

It is important to **shake the bottle** for at least 10 seconds before use.

Take this medicine by mouth.

Age	How much	How often (in 24hrs)
Adults, the elderly and children over 16 years	20ml	Up to four times
Children 12-16 years	15ml	Up to four times

- Leave at least 4hrs between doses
- Do not take more than four doses in 24hrs
- Do not give to children under 12 years unless your doctor tells you to

- Wipe the neck of the bottle clean and replace the cap securely without overtightening it.

DO NOT EXCEED THE STATED DOSE.

The product is for short term use only. If symptoms persist consult your doctor.

If you take too much

Immediate medical advice should be sought in the event of an overdose, even if you feel well, because of the risk of delayed, serious liver damage.

Take the pack with you to show which medicine you have swallowed.

If you forget a dose

Take the next dose as soon as you remember. **Do not** take a double dose. You can then carry on with the next dose at the correct time.

4. Possible side effects

Like all medicines, Covonia Cold & Flu Formula can have side effects, although these don't affect everyone.

Occasional effects:

- Upset stomach.
- Allergic reactions including skin rashes.

Rare effects:

- Blood disorders.
- Inflammation of the pancreas which causes severe pain in the abdomen and back.
- High blood pressure.
- Palpitations.
- Headache.
- Dizziness.
- Vomiting and diarrhoea.
- Sleeplessness.

If you notice these or any other side effect not included above, stop use and tell your doctor or pharmacist. They will tell you what to do.

5. Storing this medicine

- Keep it out of the reach and sight of children.
- Do not store above 25°C.
- Keep the bottle tightly closed and in the outer carton.
- Do not use after the expiry date shown on the carton. The expiry date refers to the last day of that month.
- Medicine should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of any unused medicine. These measures will help to protect the environment.

6. Further information

What the medicine contains

The active ingredients per 20ml are:

paracetamol 1000mg, phenylephrine hydrochloride 12.18mg, guaifenesin 200mg, cetylpyridinium chloride 3mg.

The other ingredients are: liquid maltitol, sorbitol (E420), ethanol, propylene glycol, glycerol (E422), saccharin sodium, sodium cyclamate, acesulphame 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 the medicine looks like

Covonia Cold & Flu Formula is a thick green liquid which smells of menthol and eucalyptus. It is supplied in 160ml bottles.

Marketing authorisation holder and manufacturer

Thornton and Ross Ltd., Huddersfield, HD7 5QH, UK.

This leaflet was revised in June 2011

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Data Matrix: 23136107 VERIFIED

Printed Component Proof

Component & Product Title	Leaflet: Covonia Cold & Flu Formula 160ml T&R					Colours Used	Approved by	Date
PCP No.	23136107	RM No.	231361	Pack Size	160ml	Black		
RMS No.	1436	Dimensions	210 x 148mm Flat (26 x 148mm Folded)			Keyline		
Printer/Supplier	Darley					(does not print)		
Proof No.	Six	Date	27/06/2011	Operator	Chris Ison			
Change Request No.	6173	Artwork No.	381612/388539				Issued by	Date
Reason for Change	CHM request dosage amends for children. MHRA approved.							