

**GRAIN DIRECTION** 

**BACK** 

Sodium (120.74mg per sachet), main component of cooking/table salt. This is equivalent to 6% of the recommended maximum daily dietary intake of sodium for an adult. The maximum recommended 5mm daily dose of this medicinal product contains 482.96 mg sodium (found in table salt). This is equivalent to 24.1 % of the adult recommended maximum daily dietary intake for sodium. Talk to your pharmacist or doctor if you need this medicine on a daily basis for a prolonged period of time, especially if you have been advised to have a low salt diet. (V Total sugars 2.6g 3. How to take this medicine To be made into a hot drink. Dissolve one sachet in a mug of hot but not boiling water. Stir until dissolved. If preferred sweeten to taste with sugar, honey or your usual sweetener. It is important to drink plenty of fluids when suffering from colds and flu. 30mm Adults, the elderly and children 16 years and over: One sachet every 4-6 hours as required. Do not take more than 4 sachets in 24 hours. Do not give to children under 16 years. If the symptoms of your cold or flu persist for more than three days, or worsen, consult your pharmacist. If you take more Lemsip Cold and Flu Lemon 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. You may experience symptoms of dizziness, palpitations (irregular or forceful heartbeat), stomach pain, high blood pressure with headache, unhealthy pale appearance (pallor), feeling sick (nausea) or vomiting if you take too much of this medicine. If you forget to take this medicine Do not take a double dose to make up for a forgotten dose. If you forget a dose, take it as soon as you remember it an then take the next dose at least 4 hours later. 4. Possible side-effects Like all medicines, this medicine can cause side effects, although not everybody gets them. Very rare (fewer than 1 in 10,000 patients treated) 70mm Cases of serious skin reactions have been reported Frequency not known Allergic reactions (such as skin rashes) Blood disorders, such as thrombocytopenia (reduction in blood platelets which might mean that you bleed or bruise more easily), pancytopenia (reduction in white and red blood cells), agranulocytosis, 9mm leucopenia or neutropenia (reduction in white blood cells which makes infections more likely) Stomach and gut disorder, such as vomiting, nausea or abdominal discomfort Difficulty in passing urine (especially in males). 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 or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this Medicine. 5. How to store this medicine Keep all medicines out of the sight and reach of children. Do not use after the end of the month of the expiry 30mm -date (EXP month/year) shown on the pack. Do not store above 25°C (77°F). Store in the original package. 6. Contents of the pack and other information What this medicine contains: • The active substances per sachet are: paracetamol 650mg and phenylephrine hydrochloride 10mg. • The other ingredients are: ascorbic acid (Vitamin C), citric acid, sucrose, aspartame, sodium citrate, saccharin sodium, caster sugar, curcumin (contains curcumin E100, lactose, polysorbate 80 E433 and silica E551) and lemon flavour. Contents of the pack This product is available in cartons of 5 and 10 sachets. Not all pack sizes may be marketed. Marketing Authorisation Holder/Manufacturer: Reckitt Benckiser Healthcare (UK) Limited, Hull, HU8 7DS, UK. PL 00063/0034 Manufacturer: RB NL Brands B.V. WTC Schiphol Airport, Schiphol Boulevard 207, 1118 BH Schiphol, Netherlands Leaflet last revised May 2022 Lemsip and the Lemsip logo are trade marks of the RB group of companies

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