

Lemsip Max Cold & Flu Lemon
(paracetamol and phenylephrine hydrochloride)
Patient Information Leaflet

Please read this leaflet carefully before you take this medicine.

If you are not sure of anything ask your pharmacist or doctor.

What is Lemsip Max Cold & Flu Lemon?

Each sachet contains the active ingredients paracetamol 1000 mg and phenylephrine hydrochloride 12.2 mg. The other ingredients are citric acid, aspartame, sodium citrate, curcumin, lemon flavour, saccharin sodium, sucrose and ascorbic acid (Vitamin C).

The product is available in cartons of 5, 7 and 10 sachets.

Makers of Lemsip Max Cold & Flu Lemon

Marketing Authorisation Holder/Manufacturer: Reckitt Benckiser Healthcare (UK) Limited, Hull, HU8 7DS.

What is Lemsip Max Cold & Flu Lemon used for?

Lemsip Max Cold & Flu Lemon contains a combination of ingredients which are effective in relieving the symptoms associated with colds and flu, including relief of aches and pains, sore throat, headache, nasal congestion and lowering of temperature.

Paracetamol is a well-known painkiller (analgesic). It is effective against aches and pains, including a headache, and can also reduce a fever (antipyretic). Phenylephrine hydrochloride (nasal decongestant) reduces swelling in the passages of the nose, relieving nasal congestion and reducing the pressure which may cause a headache.

It is important to drink plenty of fluids when suffering from colds and flu.

Before taking Lemsip Max Cold & Flu Lemon

Do not take any other paracetamol containing products. Do not take with large quantities of alcohol.

As with all medicines Lemsip Max Cold & Flu Lemon may not be suitable for some people. **Do not take this medicine if:**

- you are allergic to any ingredient, or
- you have a serious heart condition, or
- you have high blood pressure (hypertension), or
- you are taking or have taken monoamine oxidase inhibitors (MAOI antidepressants) within 14 days.

You should ask the pharmacist before taking Lemsip Max Cold & Flu Lemon if:

- you are pregnant, or have Raynaud's syndrome (poor blood circulation which makes the fingers or toes pale and numb), or diabetes, or
- you have a problem with your liver, kidneys, or

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- you have non-cirrhotic liver disease, or
- you are a woman with a history of pre-eclampsia (a condition of high blood pressure and swelling in pregnancy), or
- you have phenylketonuria (an inherited genetic disorder), please note that this product contains aspartame, a source of phenylalanine, or
- you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product. This medicine contains sucrose.

Taking other medicines.

Other medicines may influence the effect of this product:

- beta-blockers for high blood pressure, or vasodilators, or
- tricyclic antidepressants, other decongestants, or barbiturates.
- Some drugs may affect the absorption of paracetamol including those used to treat blood cholesterol (cholestyramine) and nausea and vomiting (metoclopramide and domperidone). The effect of blood thinning drugs (warfarin and other coumarins) may be increased by paracetamol.

How to take Lemsip Max Cold & Flu Lemon

For oral use. Dissolve in a mug of hot but not boiling water. Stir until dissolved. If preferred sweeten to taste with sugar, honey or your usual sweetener.

How much to take

Adults and children 12 years and over: Dissolve one sachet by stirring into a mug of hot water and sweeten to taste. Dose may be repeated in 4 to 6 hours. **Do not take more than four sachets in a total of 24 hours.**

Do not give to children under 12 years.

This product should only be taken when necessary.

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.

If the symptoms of your cold or flu persist for more than three days, or worsen, consult your pharmacist.

What side-effects may occur?

Allergic reactions (such as skin rashes), blood reactions such as thrombocytopenia (reduction in blood platelets which might mean that you bleed or bruise more easily) or agranulocytosis (reduction in white blood cells which might mean you get infections), may occur. Tell your doctor or pharmacist if you have any side-effects after taking this product.

Storage

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

Do not use after the expiry date (EXP month/year) shown on the pack.

Do not store above 25°C (77°F).

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