PACKAGING LEAFLET: INFORMATION FOR THE USER		3. How to take this Medicine	//
Lemsip Max All in One Cold & Flu Capsules Paracetamol, Guaifenesin and Phenylephrine Hydrochloride	25	The capsule should be swallowed whole with water. Do not chew. It is important to drink plenty of liquid when suffering from colds and flu.	25
Read all of this leaflet carefully because it contains important information for you. This medicine is available without prescription. However, you still need to take this medicine carefully.	V	Adults, the elderly and children 16 years and over: Take two capsules every 4-6 hours as required. Do not take more than 8 capsules (4 doses) in 24 hours.	V
to get the best results from it.		Do not give to children under 16 years of age.	
 Keep this leaflet. You may need to read it again. Ask your pharmacist if you need more information or advice. You must contract your doctor if your symptoms worsen or do not improve after 3 days. If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, 	25	If symptoms persist for more than three days, or worsen, consult your doctor. If you take more of this medicine 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	25
please tell your_doctor_or_pharmacist n this Leaflet:		dizziness, palpitations (irregular or forceful heartbeat), stomach pain or high blood pressure with headache if you take too much of this medicine	
1. What this medicine is and what it is used for 2. What you need to know before you take this medicine 3. How to take this medicine 4. Possible side effects	25	If you forget to take this medicine: This product should only be used when necessary. Do not take a double dosage to make up for a forgotten dose. If you have any further questions on the use of this product, ask your doctor or pharmacist.	25
. How to store this medicine Contents of the pack and other information		4. Possible Side Effects.	
1. What this medicine is and what it is used for Capsules for oral use. This Medicine is a combination of active ingredients which are effective in relieving the symptoms associated with colds and flu, including relief of aches and pains, sore throats, headache, nasal	25	Like all medicines this product can cause side effects, although not everybody gets them. • 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), leucopoenia, pancytopenia(reduction in white and red blood cells),	25
Paracetamol is a well known painkiller (analgesic). It is effective against aches and pains including headache and can also reduce a fever (antipyretic). Guaifenesin (expectorant) allows you to cough up phlegm when suffering from a chesty cough. Phenylephrine hydrochloride (nasal decongestant) reduces swelling in the passages of the nose, relieving nasal congestion and reducing pressure which may cause a headache.	25	 neutropenia and agranulocytosis (reduction in white blood cells which make infection more likely). Very rare cases of serious skin reactions have been reported. Nausea and Vomiting. Abdominal discomfort Difficulty in passing urine (especially in males). 	25
may cause a headache. 2. What-you need to know before you take this medicine	\bigvee	Reporting of side effects If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side	- '
Po not take this medicine if: You are allergic to paracetamol, guaifenesin, phenylephrine hydrochloride or any of the other ingredients listed in section 6. You have a serious heart condition, or an overactive thyroid.	25	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 MHRAYellow 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	25
You have a high blood pressure (hypertension). You are taking or have taken within the last 14 days a medicine called a monoamine oxidase		Do not store above 25°C.	
inhibitor (MAOI), usually to treat depression. You have an enlarged prostate You are taking other decongestant medications.	25	Do not use this medicine after the expiry date which is stated on the carton and blister after EXP. The expiry date refers to the last day of that month. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to	25
Warnings and precautions Falk to your doctor or pharmacist before taking Lemsip Max All in One Cold & Flu Capsules if:	\/	dispose of medicines no longer required. These measures will help protect environment. 6. Contents of the pack and other information	
You suffer from liver or kidney problems or heart disease. You suffer from Raynaud's syndrome (poor blood circulation which makes the fingers or toes pale and numb), or diabetes mellitus. You have non-cirrhotic (liver disease that is not associated with changes to the structure of the liver) liver disease.	25	 What this medicine contains: The active ingredients per capsule are: paracetamol 500mg, guaifenesin 100mg and phenylephrine hydrochloride 6.1mg. The other ingredients are: maize, starch, croscarmellose sodium, sodium laurilsulfate, magnesium 	25
You have glaucoma. You are suffering from porphyria (a rare blood disease).		stearate, talc, gelatin, titanium dioxide (E171), yellow and red oxide (E172), brilliant blue – FD&C blue I (E133) and shellac (E904).	
This medicine contains less than 1 mmol sodium (23mg) per capsule, that is to say essentially 'sodium free'. Other Medicines and Lemsip Max All in One Cold & Flu Capsules: Do not take with any other paracetamol – containing products.	25	What the medicine looks like and the content of the pack: The product is a hard gelatin capsule with a green body and a red cap with Lemsip printed on the cap. UK: The product is available in carton of 8 and 16 capsules. NZ: The product is available in carton of 16 capsules	25
Do not take with any other product used for relief of cold, flu or congestion.	\downarrow	Marketing Authorisation Holder: UK: Marketing Authorisation Holder/Manufacturer:	\bigvee
Syou are taking any of the following medicines, talk to your doctor or pharmacist before taking emsip Max All in One Cold & Flu Capsules: Beta – blockers for high blood pressure, or vasodilators (drugs used to treat high blood pressure, leg pain due to vascular problems or Raynaud's syndrome).	25	Reckitt Benckiser Healthcare (UK) Limited, Hull, HU8 7DS. (PL00063/0551) NZ: Marketing Authorisation Holder: Reckitt Benckiser Healthcare, Auckland, New Zealand 0508 731234	25
Tricyclic anti-depressants (a specific class of drugs used to treat depression); other decongestants, or barbiturates (used to treat sleep problems or epilepsy). -You-are taking other medicines-some drugs may affect the way paracetamol works, including those		Leaflet was last approved in November 2019	
used to treat blood cholesterol (cholestyramine) and nausea and vomiting metoclopramide and domperidone). Some drugs may affect the way in which phenylephrine works (digoxin and cardiac glycoside). The effect of blood thinning drugs (warfarin and other coumarins) may be increased by paracetamol.	25		<u>25</u>
Taking this medicine with food and drink: - Do not-take with-large-quantities of alcohol			
Pregnancy and breast-feeding: This product should not be used in women with a history of pre-eclampsia. If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.	25		25
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