



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.
- Suffering from prostate problems.
- 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.
- 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 medicine contains 2880mg alcohol (ethanol) in each 20ml dose which is equivalent to 18vol%. The amount in 20ml of this this medicine is equivalent to 72ml of beer or 29ml of wine.
- The amount of alcohol in this medicine is not likely to have an effect in adults and adolescents, and its effects in children are not likely to be noticeable. It may have some effect in younger children, for example feeling sleepy.
- The alcohol in this medicine may alter the effects of other medicines. Talk to your doctor or pharmacist if you are taking other medicines.
- If you are pregnant or breastfeeding, talk to your doctor or pharmacist before taking this medicine.
- If you are addicted to alcohol, talk to your doctor or pharmacist before taking this medicine.
- This medicine contains liquid maltitol. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

- This medicine contains 3400mg sorbitol per 20ml dose. Sorbitol is a source of fructose. If your doctor has told you that you have an intolerance to some sugars or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before taking this medicine. Sorbitol may cause gastrointestinal discomfort and mild laxative effect. Calorific value 2.6Kcal/g sorbitol.
- This medicine contains 4300mg propylene glycol per 20ml dose. If you breastfeeding, do not take this medicine unless recommended by your doctor. Your doctor may carry out extra checks while you are taking this medicine. If you are suffer from liver disease, do not take this medicine unless recommended by your doctor. Your doctor may carry out extra checks while you are taking this medicine.
- This medicine contains less than 1 mmol sodium (23mg) per dose, that is to say essentially 'sodium-free'.

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.

Very rare effects:

- Very rare cases of serious skin reactions have been reported.

Other effects (frequency not known):

- Urinary retention (especially in males).

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.

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. Storing this medicine

- Keep it out of the sight and reach 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 (E965), sorbitol (E420), ethanol, propylene glycol (E1520), glycerol (E422), saccharin sodium, sodium cyclamate, acesulfame potassium (E950), sodium citrate, citric acid monohydrate (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.

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