- to know.
- This medicine is available without prescription.
- Nevertheless you still need to use this product carefully to get the best results from it. • Keep this leaflet, you may want to read it again.
- Ask your pharmacist if you need more information or advice.
- If your symptoms worsen or do not improve, you must see a doctor.
- Flamingo Max Strength Congestion Relief 12.2 mg capsules, hard will be referred as Max strength congestion relief capsules throughout the leaflet.

What is in this leaflet:

- 1. What Max strength congestion relief capsules are and what they are used for
- 2. What you need to know before you take Max strength congestion relief capsules
- 3. How to take Max strength congestion relief capsules
- 4. Possible side effects
- 5. How to store Max Strength Congestion Relief capsules
- 6. Contents of the pack and other information

What Max strength congestion relief capsules are and what they are used for

Your capsules contain the active ingredient, phenylephrine hydrochloride, a decongestant that reduces swelling in the passages of the nose to help you breathe more easily.

Your capsules are used for the relief of nasal congestion, particularly when associated with colds and flu or hayfever

2. What you need to know before you take Max strength congestion relief capsules

Do not take this medicine if you:

- are allergic to phenylephrine or any of the other ingredients
- have a serious heart condition or cardiovascular disorder(s)
- have high blood pressure (hypertension)
- have diabetes
- have glaucoma
- have an overactive thyroid (hyperthyroidism)
- have an enlarged prostate or other prostate
- have phaeochromocytoma (a rare tumour of adrenal gland tissue)
- are taking antidepressant drugs called monoamine oxidase inhibitors (MAOIs), or have taken them within the last 14 days -

these are medicines such as phenelzine and isocarboxazid

- are taking other decongestant medicines
- are pregnant or breastfeeding.

Please see your doctor or pharmacist before taking this medicine if you:

- have circulatory problems such as Raynaud' Phenomenon
- have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

If you are taking any of the following medicines, please see your doctor or nharmacist:

- tricvelic antidepressants such as imipramine and amitriptyline
- decongestant drugs or stimulants (e.g. ephedrine, amphetamines and xylometazoline)
- Medicines to lower blood pressure, treat heart or circulatory problems such as beta blockers, vasodilators (e.g. hydralazine), cardiac glycosides (e.g. digoxin).

Other Important Information:

Do not drink alcohol (beer, wine, spirits etc.) while taking this product.

Information about some of the ingredients

This medicine contains lactose monohydrate.

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If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

3. How to take Max strength congestion relief capsules For oral use, swallow whole with water.

Adults, the elderly and children 12 years and over: 1 capsule every 6 hours, as required. Do not take more than 4 capsules in any 24 hour period.

Not recommended for children under 12 vears of age.

Do not take for longer than 7 days unless you have been advised to do so by your doctor.

Warning: Do not exceed the stated dose. Avoid alcohol whilst taking this medicine. If you take too many capsules by mistake, contact your doctor or pharmacist straight away. If symptoms persist or worsen, or if new symptoms occur, consult your doctor or pharmacist.

4. Possible side effects

Most people do not have any side effects while taking this medicine. However, if you experience any of the following side effects, or anything else unusual happens, stop taking the medicine immediately and see your doctor or pharmacist.

Possible side effects are:

- fast heart rate
- changes in heart rhythm
- palpitations
- high blood pressure
- nausea
- vomiting headache
- difficulty passing water (the frequency is unknown but is more likely to occur in men with an enlarged prostate).

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 reportin side affects you can help provide more information on the safety of this medicine.

5. How to store Max strength congestion relief capsules

Keep out of the sight and reach of children. Do not use these capsules after the expiry date mentioned on the blisters and carton. Do not store above 25°C. Store in the original packaging to protect from moisture.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

Each capsule contains 12.2mg of Phenylephrine Hydrochloride. The other ingredients are lactose monohydrate maize starch, pregelatinised starch, magnesium stearate. Capsule shells are made of gelatin, iron oxide vellow and sodium laurilsulfate.

What Max strength congestion relief capsules looks like and contents of the pack Size "3" hard gelatin capsule, yellow translucent cap & body, containing white to off-white granular powder or powder plug.

Max strength congestion relief capsules are available in cartons containing Aluminium-PVC/PVDC White Opaque Film blister packs of 12 Capsules.

Marketing Authorization Holder Flamingo Pharma (UK) Ltd.

1st Floor, Kirkland House, 11-15 Peterborough Road, Harrow, Middlesex, HA1 2AX, United Kingdom.

Manufacturer

Flamingo Pharma (UK) Limited

The Bloc, 38 Springfield Way, Anlaby, Hull, HU10 6RJ, United Kingdom.

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