

Carton text (Patient Information Leaflet) 150 ml / 300 ml – Benylin Chesty Cough Non-Drowsy

Benylin®

Chesty Coughs

NON-DROWSY

Guaifenesin & Levomenthol

Soothing effect

Deep penetrating relief

When you're suffering from a deep, chesty cough, but still want to get on with your normal daily routine, Benylin Chesty Coughs Non-Drowsy works deep down to loosen phlegm, clear bronchial congestion, and make your cough more productive.

**1. What the medicine is for**

Benylin Chesty Coughs Non-Drowsy is a medicine which is used to help relieve chesty coughs. It contains Guaifenesin (an expectorant) to help loosen mucus (phlegm) from the lungs and make it easier to cough up, and Levomenthol to help you breathe more easily by easing congestion. The medicine is for use in adults and children aged 12 years and over.

**2. Before taking this medicine**

This medicine is suitable for most people but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

**Do not use this medicine...**

- If you have ever had a **bad reaction** to any of the ingredients.
- For a child under 12 years of age.

If any of these apply to you, **get advice from a doctor or pharmacist without using Benylin Chesty Coughs Non-Drowsy.**

**Talk to your doctor or pharmacist...**

- If you suffer from **liver** or **kidney problems**.
- If you have been told by your doctor that you have an intolerance to some sugars.
- If you have had a **cough** for a few weeks that may be caused by **asthma**, or a cough which brings up a lot of mucus (phlegm).
- If you are taking **alcohol**.

If you are not sure about any of the medicines you are taking, show the bottle or pack to your pharmacist. If any of these bullet points apply to you now or in the past, **talk to a doctor or pharmacist.**

**If you are pregnant or breast-feeding**

- Ask your doctor or pharmacist for advice before taking this medicine if you are pregnant or breast-feeding.

### Some of the ingredients can cause problems

- If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product. Contains 1.01 g sucrose per 5 ml dose. Contains 3.5 g glucose per 5 ml dose. This should be taken into account in patients with diabetes mellitus.
- This medicine contains 0.7 mg of alcohol (ethanol) in each 5 ml dose. The amount in a 5 ml dose of this medicine is equivalent to less than 1 ml beer or wine. The small amount of alcohol in this medicine will not have any noticeable effects.
- This product contains Ponceau 4R (E124) red colouring which may cause allergic reactions.
- This medicine contains 16.43 mg sodium (main component of cooking/table salt) in each 5 ml dose. This is equivalent to 0.82% of the recommended maximum daily dietary intake of sodium for an adult.
- This medicine contains 8.4 mg benzoate salt in each 5 ml dose which is equivalent to 1.68 mg/1ml.

### 3. How to take this medicine

Check the table below to see how much medicine to take.

- For oral use only.
- Do not use more than the stated dose shown.

#### Children under 12 years

This medicine is not recommended for children under 12 years old.

#### Adults and children aged 12 years and over

Age	Dose
Adults and children aged 12 years and over	Take <b>Two 5 ml spoonfuls</b> four times a day.
<b>Do not take more than 4 doses in 24 hours.</b> <b>If symptoms persist, talk to your doctor or pharmacist.</b>	

#### If anyone has too much

If anyone has too much contact a doctor or your nearest Accident and Emergency Department (Casualty) taking this pack with you.

#### If you forget to take the medicine

You should only take this medicine as required following the dosage instructions carefully. If you forget to take a dose, take the next dose when needed. Do not take a double dose.

### 4. Possible side effects

Like all medicines, this medicine can cause side-effects, although not everybody gets them. If you experience any of the following stop using the medicine and seek medical help immediately:

- Allergic reactions including skin rashes (which may be severe and include blistering and peeling of the skin) and itching.

Other effects that may occur include:

- Nausea, vomiting, stomach pain or diarrhoea.

### **Reporting of side-effects**

If you experience any side-effects, talk to your doctor, pharmacist or nurse. This includes any possible side-effects not listed here. You can also report side-effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://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**

Do not store this product above 30°C.

Store in the original container.

Do not use if bottle seal is broken when purchased.

Keep the product out of the sight and reach of children.

Do not use your medicine after the date shown as an expiry date on the packaging.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment. Retain carton for full instructions.

### **6. Further information: What's in this medicine?**

**The active ingredients in 5 ml of Benylin Chesty Coughs Non-Drowsy are:** 100 mg Guaifenesin and 1.1 mg Levomenthol.

**Other ingredients are:** Sucrose, liquid glucose, ethanol, glycerol, sodium citrate, saccharin sodium, citric acid monohydrate, sodium benzoate (E211), Ponceau 4R (E124), caramel (E150), carbomer, raspberry essence, natural sweetness enhancer and water.

#### **What this medicine looks like**

Benylin Chesty Coughs Non-Drowsy is a clear red syrup, available in 150 ml and 300 ml glass bottles.

**Marketing Authorisation holder:** McNeil Products Ltd, High Wycombe, HP12 4EG, UK.  
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**Manufacturer:** Delpharm Orléans, 5 avenue de Concyr, 45071 Orleans, Cedex 2, France.

This carton was revised November 2020.

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