



# COLD & FLU

## MAX STRENGTH CAPSULES

paracetamol, caffeine, phenylephrine hydrochloride

**Read all of this leaflet carefully before you take this medicine because it contains important information you need to know.**

This medicine is available without prescription, however, you still need to use this product carefully to get the best results from it.

- Keep this leaflet as you may need to read it again
- Ask your pharmacist if you need more information or advice
- If you get any side-effects, talk to your doctor or pharmacist. This includes any possible side-effects not listed in this leaflet.
- You must talk to a doctor if you do not feel better or if you feel worse after 3 days

### What is in this leaflet?

1. What is Benylin Cold & Flu Max Strength Capsules and what is it used for
2. What you need to know before you take Benylin Cold & Flu Max Strength Capsules
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### I What is Benylin Cold & Flu Max Strength Capsules and what is it used for

Benylin Cold & Flu Max Strength Capsules relieve the symptoms of colds and flu, including headache, fever, nasal congestion, sore throat, fatigue and drowsiness, aches and pains.

The capsules contain paracetamol, an analgesic and antipyretic to relieve pain and fever; caffeine, a stimulant to help combat the tiredness associated with a cold and to help increase the pain relief; and phenylephrine, a decongestant to relieve nasal congestion.

### 2 What you need to know before you take Benylin Cold & Flu Max Strength Capsules

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.

#### X Do not use this medicine...

- If you are **allergic** to paracetamol, caffeine, phenylephrine or any of the other ingredients listed in section 6.
- If you have ever had a **bad reaction** to any of the ingredients.
- If you have **high blood pressure, severe heart disease, circulatory problems, or an overactive thyroid gland.**
- If you have a history of **stomach ulcers.**
- If you have an **enlarged prostate.**

- If you are taking, or have taken in the last two weeks, **drugs for depression** known as Monoamine Oxidase Inhibitors (MAOIs).
- If you are **pregnant or breast-feeding**, unless advised by your doctor.
- If you are taking tricyclic antidepressants, such as imipramine, amitriptyline.
- In children **under 16 years old.**

#### ⚠ Talk to your doctor or pharmacist...

- If you suffer from **liver or kidney problems.**
- If you suffer from **alcoholic liver disease or alcohol dependence.**
- If you have **diabetes.**
- If you have a condition called **Raynaud's Phenomenon** (which results from poor circulation in the fingers and toes).
- If you are taking **alcohol** or have alcohol dependence.

#### Other medicines and Benylin Cold & Flu Max Strength Capsules

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines:

- *colestyramine* (used to lower blood **cholesterol**).
- *metoclopramide* or *domeperidone* (used to treat **nausea and vomiting**).
- *tricyclic antidepressants* (used to treat **depression**).
- *barbiturates* (a kind of sleeping tablet) such as *phenobarbitone*.
- *sympathomimetic drugs* (used to treat **congestion and asthma**).
- medicines to treat migraines such as *ergotamine* or *methysergide*.
- *antihypertensives* (drugs used to treat **high blood pressure** such as beta blockers).
- *anticoagulants* (drugs used to **thin the blood** such as warfarin or coumarins).
- other decongestant drugs such as *ephedrine* or *xylometazoline*.
- *flucloxacillin* (antibiotic), due to a serious risk of blood and fluid abnormality (high anion gap metabolic acidosis) that must have urgent treatment and which may occur particularly in case of severe renal impairment, sepsis (when bacteria and their toxins circulate in the blood leading to organ damage), malnutrition, chronic alcoholism, and if the maximum daily doses of paracetamol are used.

If you are not sure about any of the medicines you are taking, show the pack to your pharmacist.

If any of these bullet points apply, **talk to a doctor or pharmacist.**

#### ⚠ If you are pregnant or breast-feeding

Do not take this product if you are pregnant. Ask your doctor or pharmacist for advice before taking any medicine.

#### Benylin Cold & Flu Max Strength Capsules contain paracetamol.

**Do not take anything else containing paracetamol whilst taking this medicine.**

#### ⚠ Benylin Cold & Flu Max Strength Capsules with food, drink and alcohol

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

## Information about some of the ingredients in this medicine

This medicine contains less than 1 mmol sodium (23 mg) per 2 capsules, that is to say essentially 'sodium-free'.

## 3 How to take Benlyn Cold & Flu Max Strength Capsules

Check the table below to see how many capsules to take.

- For oral use only.
- Swallow whole with water. Do not chew.
- Do not take more medicine than the label tells you to. If you do not get better, talk to your doctor.

**i Children and adolescents**  
Do not give to children under 16 years.

**i Adults, the elderly and children aged 16 years and over**

Age	Dose
Adults, the elderly and children aged 16 years and over	Two capsules every 4 to 6 hours as required.

- Leave at least 4 to 6 hours between doses.
- Do not take more than eight capsules (4 doses) in any 24 hours period.
- If symptoms persist, talk to your doctor or pharmacist.
- Do not take for more than 3 days unless advised by your doctor.

### **⚠ Taking this medicine with food and drink:**

You should avoid too much caffeine in drinks like coffee and tea. If you are also consuming other medicines or food that contains caffeine (coffee, tea, cola drinks, chocolate) you may have a high caffeine intake and might have difficulty sleeping, start shaking and/or have an uncomfortable feeling in the chest.

### **⚠ If anyone has too much**

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. Go to your nearest hospital casualty department.

Take your medicine and this leaflet with you.

### **⚠ If you forget to take the medicine**

If you forget to take a dose, take the next dose when needed provided that the last dose was taken at least 4 hours ago.

**Do not** take a double dose.

## 4 Possible side-effects

Benlyn Cold & Flu Max Strength Capsules can have side-effects, like all medicines, although these don't affect everyone and are usually mild and temporary.

**If you experience any of the following, stop using the medicine and tell your doctor or pharmacist:**

**Unknown side-effects are:**

- bronchospasm
- restlessness, anxiety, nervousness, irritability, agitation

**Rare side-effects are:**

- allergic reactions such as skin rash

- nausea (feeling sick) or vomiting (being sick) or diarrhoea
- headache, tremor, dizziness
- difficulty sleeping (insomnia)
- fast, slow or irregular heart beat (palpitations)
- high blood pressure
- glaucoma
- problems or pain passing urine
- sudden weight loss, loss of appetite and yellowing of the eyes and skin

**More rarely, the following side-effects can happen:**

- you may become more prone to bleeding, bruising, fever and infections, such as sore throat and ulcers, due to changes in your blood.

Very rare cases of serious skin reactions have been reported.

### **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](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 How to store Benlyn Cold & Flu Max Strength Capsules

Do not store this product above 25°C.

Keep this medicine out of the sight and reach of children.

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

## 6 Contents of the pack and other information

### **What's in this medicine?**

**The active ingredients in Benlyn Cold & Flu Max Strength Capsules are:** Paracetamol 500 mg, caffeine 25 mg, and phenylephrine hydrochloride 6.1 mg.

**Other ingredients are:** Maize starch, croscarmellose sodium, sodium laurilsulfate, magnesium stearate, talc, gelatin, quinoline yellow (E104), titanium dioxide (E171), Patent Blue V (E131) and erythrosine (E127).

### **What the medicine looks like**

Benlyn Cold & Flu Max Strength Capsules are red/yellow capsules available in a 16 capsule pack.

### **Marketing Authorisation holder and Manufacturer:**

Wrafton Laboratories Limited, Wrafton, Braunton, Devon, EX33 2DL, UK.

**This leaflet was last revised in December 2022.**

Benlyn is a registered trade mark.