Lemsip Max All in One Lemon
(paracetamol, guaifenesin, phenylephrine hydrochloride)
Patient Information Leaflet

Please read this leaflet carefully before you take this medicine.
If you are not sure of anything, ask your pharmacist or doctor.

1. What is this medicine and what is it used for?

Lemsip Max All in One Lemon contains a combination of ingredients which are effective in relieving the symptoms associated with colds and flu, including relief of aches and pains, sore throats, headache, nasal congestion and lowering of temperature, and chesty coughs.

Paracetamol is a well-known painkiller (analgesic). It is effective against aches and pains, including a headache, and can also reduce a fever (antipyretic). Phenylephrine hydrochloride (nasal decongestant) reduces swelling in the passages of the nose, relieving nasal congestion and reducing the pressure which may cause a headache. Guaifenesin (expectorant) allows you to cough up phlegm when suffering from a chesty cough.

2. Before taking this medicine

Do not take this medicine with any other paracetamol-containing products.
Also, you should not drink large quantities of alcohol, whilst taking this medicine.
As with all medicines, Lemsip Max All in One Lemon may not be suitable for some people.

Do not take this medicine if:
- You are allergic to any ingredient (see section 6 for further information).
- You have a serious heart condition.
- You have high blood pressure (hypertension) or an overactive thyroid.
- You are taking or have taken within the last 14 days a medicine called a monoamine oxidase inhibitor (MAOI), usually used to treat depression.
- You have an enlarged prostate.
- You have phaeochromocytoma.
- You have diabetes mellitus.
- You have closed-angle glaucoma.
- You are taking other sympathomimetic decongestants.

You should ask the pharmacist before taking Lemsip Max All in One Lemon if:
- You have Raynaud's syndrome (poor blood circulation which makes the fingers or toes pale and numb).
- You are taking beta-blockers for high blood pressure, other antihypertensives or vasodilators (drugs used to treat high blood pressure, leg pain due to vascular problems or Raynaud's syndrome).
- You are taking tricyclic antidepressants (a specific class of drugs used to treat depression), other decongestants or barbiturates (used to treat sleep problems or epilepsy).
- You have a problem with your liver or kidneys.
- You have non-cirrhotic liver disease (liver disease that is not associated with changes in the structure of the liver).
- You are suffering from porphyria (a rare blood disease).
- You experience persistent or chronic cough, or if you are using any other cough suppressants.

During treatment with this medicine, tell your doctor straight away if:
You have severe illnesses, including severe renal impairment or sepsis (when bacteria and their toxins circulate in the blood leading to organ damage), or you suffer from malnutrition, chronic alcoholism or if you are also taking flucloxacillin (an antibiotic). A serious condition called metabolic acidosis (a blood and fluid abnormality) has been reported in patients in these situations when paracetamol is used at regular doses for a prolonged period or when paracetamol is taken together with flucloxacillin. Symptoms of metabolic acidosis may include: serious breathing difficulties with deep rapid breathing, drowsiness, feeling sick (nausea) and being sick (vomiting).
- You are taking other medicines. Some drugs may affect the way in which paracetamol works, including those used to treat blood cholesterol (cholestyramine) and nausea and vomiting (metoclopramide and domperidone). The effect of blood thinning drugs (warfarin and other coumarins) may be increased by paracetamol. Some drugs may affect the way in which phenylephrine works (MAOIs, other sympathomimetic amines, antihypertensives, tricyclic antidepressants, digoxin and cardiac glycosides).
- You are taking flucloxacillin (antibiotic), due to a serious risk of blood and fluid abnormality (called high anion gap metabolic acidosis) that must have urgent treatment (see section 2).
- You are taking liver enzyme-inducing drugs, such as, anticonvulsants (including phenytoin, barbiturates, carbamazepine) and alcohol, may increase the hepatotoxic potential of paracetamol.
- You are taking isoniazid (antibiotic), due to a risk of increased toxicity of paracetamol.
- You are taking oxytocic agents (labour inducing drugs), the vasopressor effect of phenylephrine may be potentiated when used in conjunction with oxytocic drugs and ergot alkaloids, which can increase risk of haemorrhagic stroke.

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

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Information about some of the ingredients in your medicine
If you have phenylketonuria (an inherited genetic disorder), please note that this product contains aspartame, a source of phenylalanine. This medicine also contains sucrose, therefore, if you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product. This product contains 129.0 mg (5.61 mmol) sodium per dose - to be taken into consideration for patients on a controlled sodium diet.
Pregnancy and breast-feeding: This product should not be used in women with history of pre-eclampsia.
Ask your doctor or pharmacist for advice before taking this product if you are pregnant or breast-feeding.

3. How to take this medicine

To be made into a hot drink. Dissolve one sachet in a mug of hot, but not boiling, water. Stir until dissolved. If preferred, sweeten to taste with sugar, honey or your usual sweetener.
It is important to drink plenty of fluids when suffering from colds and flu.
Adults and children 16 years and over: One sachet every 4-6 hours as required.
Do not take more than 4 sachets in 24 hours.
Do not give to children under 16 years.
If the symptoms of your cold or flu persist for more than five days, or worsen, consult your pharmacist.
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 dizziness, palpitations (irregular or forceful heartbeat), stomach pain or high blood pressure with headache if you take too much of this medicine.

4. Possible side-effects

- Allergic reactions (such as skin rashes).
- Very rare cases of serious skin reactions have been reported.
- Changes in the number of blood cells, such as, thrombocytopenia (reduction in blood platelets which might mean that you bleed or bruise more easily), pancytopenia (reduction in white and red blood cells), agranulocytosis, leucopenia or neutropenia (reduction in white blood cells which makes infections more likely).
- A serious condition that can make blood more acidic (called metabolic acidosis), in patients with severe illness using paracetamol (see section 2).
- Nausea and vomiting.
- Abdominal discomfort and diarrhoea.
- Difficulty in passing urine (especially in males).

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. By reporting side effects, you can help provide more information on the safety of this medicine.

5. How to store

Keep all medicines out of the reach and sight of children. Do not use after the end of the month of the expiry date (EXP month/year) shown on the pack. Do not store above 25°C (77°F). Store in the original package. 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. Further information

Contains the active ingredients paracetamol, guaifenesin and phenylephrine hydrochloride. The other ingredients are ascorbic acid (Vitamin C), citric acid, sucrose, aspartame, sodium citrate, saccharin sodium, curcumin WD (contains curcumin E100, lactose, polysorbate 80 E433 and silica E551) and lemon flavour.
The product is available in cartons of 1,2,3,4,5,6,7,8,9 and 10 sachets. Not all pack sizes may be marketed.
Alternative format patient information for the visually impaired is available on request from the from the Marketing Authorisation Holder/Manufacturer.
Marketing Authorisation Holder/Manufacturer:
Reckitt Benckiser Healthcare (UK) Limited, Hull, HU8 7DS, UK. (PL 00063/0168)
Manufacturer: RB NL Brands B.V. WTC Schiphol Airport, Schiphol Boulevard 207, 1118 BH Schiphol, Netherlands.
Leaflet last revised January 2025.

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