



Package leaflet: Information for the user

Allergy Relief 4 mg Tablets (Chlorphenamine Maleate)

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Always take this medicine exactly as describe in this leaflet or as your doctor or pharmacist have told you.

- Keep this leaflet. 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. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 14 days.

What is in this leaflet

1. What Allergy Relief Tablets are and what they are used for
2. What you need to know before you take Allergy Relief Tablets
3. How to take Allergy Relief Tablets
4. Possible side effects
5. How to store Allergy Relief Tablets
6. Contents of the pack and other information

1. What Allergy Relief Tablets are and what they are used for

This medicine contains chlorphenamine maleate which belongs to a group of medicines called antihistamines, which act to relieve the symptoms of allergies. It can be used to relieve the symptoms of allergic reactions including hay fever, raised, red itchy skin (symptoms of urticaria, which is often known as hives or nettle rash), allergic reactions to foods or medicines, insect bites, runny nose, swelling of the face or throat due to fluid build up and itching caused by chickenpox.

2. What you need to know before you take Allergy Relief Tablets

This medicine can be taken by adults and children aged 6 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take Allergy Relief Tablets:

- **If you are allergic** to chlorphenamine maleate, any other antihistamines or any of the other ingredients of this medicine (listed in section 6)
- **If you are taking monoamine oxidase inhibitors** (for depression) or have taken them within the last 14 days

! Warnings and precautions

Talk to your doctor or pharmacist before taking Allergy Relief Tablets:

- If you have epilepsy
- If you have liver or kidney problems

- If you have heart problems, severe high blood pressure
- If you have asthma, bronchitis or bronchiectasis or chronic lung problems (difficulty in breathing and cough that won't go away)
- If you have raised pressure in your eye (glaucoma)
- If you are a man with prostate problems

Other medicines and Allergy Relief Tablets

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

- Other antihistamines, including those in cough and cold medicines, that make you sleepy
- Sleeping tablets, medicines for anxiety, antidepressants
- Phenytoin (for epilepsy)

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

Allergy Relief Tablets and alcohol

Do not drink alcohol (wine, beer, spirits) whilst taking this medicine.

Pregnancy and breast-feeding

Do not take this medicine if you are pregnant or breast-feeding.

Driving and using machines

This medicine may cause drowsiness, dizziness or blurred vision. You should not drive or operate machinery until you are sure you are not affected.

Allergy Relief Tablets contain lactose

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

3. How to take Allergy Relief Tablets

Check the foil is not broken before use. If it is, do not take that tablet.

Age	How many to take	How often to take it
Adults and children of 12 years and over	One	Every four to six hours. Don't take more than 6 tablets in 24 hours.
Children of 6 to 11 years	Half a tablet	Every four to six hours. Don't give more than 6 half tablets in 24 hours.

Elderly:

Talk to your doctor or pharmacist before you take this medicine as you may be more

likely to get side effects including confusion and you may need to take a lower daily dose. Maximum daily dose: 3 tablets (12 mg) in any 24 hours.

If you are elderly your doctor or pharmacist may advise you to take fewer tablets. If this applies to you follow their instructions.

Swallow the tablet with a drink of water.

Do not give to children under 6 years.

Do not take more than the amount recommended above.

If symptoms do not go away talk to your doctor.

! If you take more Allergy Relief Tablets than you should: Talk to a doctor straight away. Take your medicine and this leaflet with you. If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

! If you get any of these serious side effects, stop taking the medicine. See a doctor at once:

- allergic reactions which can be severe. Signs include raised and itchy skin with rash (hives), swelling of the face or mouth causing difficult breathing
- liver problems including jaundice (yellowing of the skin and eyes)
- anaemia or unexplained bleeding or bruising
- collapse

If you get any of the following side effects see your pharmacist or doctor:

Very common (may affect more than 1 in 10 people):

- drowsiness and sedation

Common (may affect up to 1 in 10 people):

- disturbance in concentrating, un-coordination, dizziness, headache
- blurred vision
- feeling or being sick, dry mouth
- fatigue

Not known (frequency cannot be estimated from the available data):

Other side effects may include: allergic reactions, swelling of the skin, loss of appetite, confusion, excitation, irritability, nightmares, low blood pressure, thickening of phlegm, vomiting, abdominal pain, diarrhoea, indigestion or upset stomach, itchy skin, rash, sensitivity to the sun, muscle twitching, muscle weakness, difficulty passing urine, chest tightness, low blood count, hepatitis (severe stomach pain, nausea or vomiting and loss of appetite).

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 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 Allergy Relief Tablets

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

Do not use this medicine after the expiry date which is stated on the carton. The expiry date refers to the last day of that month.

Do not store above 25°C. 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. Contents of the pack and other information

What Allergy Relief Tablets contain:

Each tablet contains 4 mg of chlorphenamine maleate which is the active ingredient.

As well as the active ingredient, the tablets also contain lactose, potato starch, magnesium stearate, quinoline yellow (E104).

What Allergy Relief Tablets look like and contents of the pack

This medicine is available in pack containing 30 or 60 round, pale yellow, uncoated tablets debossed with a "B", break line and "L" on one side, and 4 on the other side.

Marketing Authorisation Holder and Manufacturer

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Marketing Authorisation Holder Bristol Laboratories Ltd Unit 3 Canalside Northbridge Road Berkhamsted Herts HP4 1EG.

This leaflet was last revised in November 2021.

If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA

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