

Package Leaflet: Information for the User
Lemsip Max All in One Liquid

(paracetamol, guaifenesin, phenylephrine hydrochloride and cetylpyridinium chloride)

Read this leaflet carefully because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor or pharmacist if your symptoms worsen or do not improve.

In this leaflet:

1. What this medicine is and what it is used for
2. What you need to know before you take this medicine
3. How to take this medicine
4. Possible side effects
5. How to store this medicine
6. Contents of the pack and other information

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

This medicine provides short term relief of cold and flu symptoms, including aches and pains, headache, feverishness, blocked nose, tickly sore throat and chesty coughs. Paracetamol is an analgesic (relieves pain) and antipyretic (reduces fever). Phenylephrine Hydrochloride is a nasal decongestant; it reduces swelling of the blood vessels in the nasal passages, helping you to breathe more easily. Guaifenesin is an expectorant which loosens phlegm so will relieve chesty coughs. Cetylpyridinium Chloride is an antiseptic and anti-infective which will ease tickly sore throats.

2. What you need to know before you take this medicine

Do not take Lemsip Max All in One Liquid if:

- You are allergic to any active substances or any of the other ingredients listed in section 6.
- 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 are taking other sympathomimetic decongestants
- You have an enlarged prostate
- You have phaeochromocytoma

Do not give to children under 16 years of age

Warnings and precautions

Talk to your doctor or pharmacist before taking this medicine if:

- You have Raynaud's syndrome (poor blood circulation which makes the fingers or toes pale and numb), or diabetes mellitus.
- You have closed angle glaucoma
- 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)

Other medicines and Lemsip Max All in One Liquid

- Do not take with other paracetamol-containing products
- Do not use with any other product for the relief of colds, flu or congestion
- This medicine may interfere with the results of some urine tests. If you are having any urine tests, tell the doctor or hospital staff that you are taking this medicine

Talk to your doctor or pharmacist if you are taking:

- Beta-blockers for high blood pressure, or vasodilators (drugs used to treat high blood pressure, leg pain due to vascular problems or Raynaud's syndrome)
- Tricyclic anti-depressants (a specific class of drugs used to treat depression), other decongestants, or barbiturates (used to treat sleep problems or epilepsy)
- 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 (digoxin and cardiac glycoside).
- 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.

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

Pregnancy and Breast feeding

This product should not be used in women with a history of pre-eclampsia.

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

Driving and using machines

The amount of alcohol in this medicinal product may impair your ability to drive or use machines.

This medicine contains:

- Liquid Maltitol (2g per 20ml dose) If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.
- Sorbitol (3g in each 20ml dose) which is a source of fructose. If your doctor has told you that you have an intolerance to some sugars or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, contact your doctor before you taking this medicine. Sorbitol may cause gastrointestinal discomfort and mild laxative effect.
- Ethanol (alcohol) 3125 mg in each 20ml dose. The amount in a 20ml dose of this medicine is equivalent to less than 80 ml beer or 32 ml wine. The amount of alcohol in this medicine is not likely to have an effect in adults and adolescents, and its effects in children are not likely to be noticeable. It may have some effects in younger children, for example feeling sleepy. The alcohol in this medicine may alter the effects of other medicines. Talk to your doctor or pharmacist if you are taking other medicines. If you are pregnant or breast-feeding, talk to your doctor or pharmacist before taking this medicine. If you are addicted to alcohol, talk to your doctor or pharmacist before taking this medicine.
- Sodium: This medicine contains less than 1 mmol sodium (23 mg) per 20ml, that is to say essentially 'sodium-free'.

- This medicine contains 4.3g propylene glycol in each 20 ml dose. If you are pregnant or breast-feeding, do not take this medicine unless recommended by your doctor. If you suffer from a liver or kidney disease, do not take this medicine unless recommended by your doctor. Your doctor may carry out extra checks while you are taking this medicine.

3. How to take the medicine

Shake the bottle for at least 10 seconds before use. For oral use only.

Never give more medicine than shown in the table.

Always use the measuring cup supplied with the pack.

Do not overfill the measuring cup.

Do not give this medicine with any other **paracetamol**-containing product.

Do not give more than 4 doses in any 24 hour period.

Leave at least 4 hours between doses.

Do not give this medicine to your child for more than 3 days without speaking to your doctor or pharmacist.

Age	Dose and how often to take
Adults (16 years and over).	Fill the measure cup with 10-20ml for each dose. Take one dose up to 4 times per day. Leave at least 4 hours between doses, and do not take more than 4 doses in any 24 hours. Wipe the neck of the bottle clean and replace the cap securely, without over-tightening it. Rinse the measure cup after use.
For short term use only. If symptoms do not go away talk to your doctor. Do not exceed the stated dose. Do not give to children under 16 years of age.	

As with all medicines, if your child is currently taking any medicine consult your doctor or pharmacist before taking this product.

If you forget to take this medicine:

Do not take a double dose to make up for forgotten individual doses.

If you take too much medicine:

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, unhealthy pale appearance (pallor), feeling sick (nausea) or vomiting if you take too much of this medicine.

4. Possible side effects

Most people take Lemsip Max All in One Liquid without any problems but, like all medicines, it can cause side effects.

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Area

If you experience any of the following symptoms, or have any other unusual symptoms or concerns with your medicine, stop taking it and talk to your pharmacist or doctor:

- skin rashes or other allergic reactions
- Very rare cases of serious skin reactions have been reported.
- rarely blood disorders (these may be seen as unusual bleeding or unexplained bruises, sore throat, ulcers in your mouth or throat, fever, unusual tiredness or weakness)
- Changes in the number of blood cells, such as thrombocytopenia (reduction in blood platelets which might mean that you bleed or bruise more easily), leucopenia, pancytopenia, neutropenia and agranulocytosis (reduction in white blood cells which make infections more likely).
- Nausea and Vomiting
- Abdominal discomfort
- 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 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 this medicine

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

Do not use after the expiry date printed on the label and carton.

Do not use if any solids can be seen in the solution.

Do not store above 25°C. In order to protect from light, keep the container in the outer carton. Keep the container tightly closed.

6. Contents of the pack and other information

What is in this medicine:

The active ingredients are: Paracetamol 1000mg, Phenylephrine Hydrochloride 12.18mg, Guaifenesin 200mg and Cetylpyridinium Chloride 3.0mg in each 20ml dose.

The other ingredients are: Liquid Maltitol, Sorbitol (E420), Ethanol, Propylene Glycol, Glycerol (E422), Saccharin Sodium, Sodium Cyclamate, Acesulfame Potassium, Sodium Citrate, Anhydrous Citric Acid (E330), Xanthan Gum (E415), Levomenthol, Eucalyptus Oil, colours Quinoline Yellow (E104), Patent Blue V (E131) and Purified Water.

What this medicine looks like and contents of the pack

Lemsip Max All in One Liquid is a green solution.

This medicine is available in bottles containing 160ml of liquid (8 doses).

Marketing Authorisation Holder/Manufacturer:

Reckitt Benckiser Healthcare (UK) Limited, Hull, HU8 7DS, UK. PL 00063/0625

Manufacturer:

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