

170 mm

Pharmacode Reads This Way

First Bar

Last Bar

**Package Leaflet: Information for the User****Lemsip Cold & Flu Breathe Easy**

(paracetamol and phenylephrine hydrochloride)

Please read this leaflet carefully before you take this medicine. If you are unsure of anything ask your pharmacist or doctor.

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

Lemsip Cold & Flu Breathe Easy 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.

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.

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

As with all medicines Lemsip Cold & Flu Breathe Easy may not be suitable for some people.

**Do not take this medicine if:**

- You are allergic to paracetamol, phenylephrine hydrochloride or to any of the other ingredients listed in section 6
- You have a serious heart condition or high blood pressure (hypertension)
- You have 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

**Warnings and precautions:** Talk to a doctor or pharmacist before taking this medicine if:

- You have a problem with your liver or kidneys
- You have Raynaud's syndrome (poor blood circulation making the fingers or toes pale or numb)
- You have diabetes mellitus
- You have a non-cirrhotic liver disease (liver disease that is not associated with changes in the structure of the liver)
- You have closed angle glaucoma.
- You have phenylketonuria.

**Other medicines and Lemsip Cold & Flu Breathe Easy**

- Do not take with other paracetamol-containing products

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).

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.

**This medicine contains:**

- Aspartame, a source of phenylalanine. It may be harmful if you have phenylketonuria (PKU), a rare genetic disorder in which phenylalanine builds up because the body cannot remove it properly.

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- Sodium (120.74mg per sachet), main component of cooking/table salt. This is equivalent to 6.04% of the recommended maximum daily dietary intake of sodium for an adult.
- Sucrose (650mg sucrose per sachet 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.

**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, the elderly and children aged 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 three days**, or worsen, consult your pharmacist.

**If you take more Lemsip Cold and Flu Breathe Easy than you should: 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, high blood pressure with headache, unhealthy pale appearance (pallor), feeling sick (nausea) or vomiting if you take too much of this medicine. If you forget to take this medicine:** Do not take a double dose to make up for a forgotten dose.

If you forget a dose, take it as soon as you remember it and then take the next dose at least 4 hours later.

**4. Possible side effects**

Like all medicines this product can cause side effects, although not everybody gets them. These include:

- Very rare (fewer than 1 in 10,000 patients treated)
  - Cases of serious skin reactions have been reported
  - Frequency not known
  - Allergic reactions (such as skin rashes)
- Blood disorders, 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)
- Stomach and gut disorder, such as feeling sick, being sick or 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: <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 this medicine**

Keep all medicines out of the sight and reach of children. Do not store above 25°C (77°F).

Store in the original package. Do not use after the end of the month of the expiry date

(EXP month/year) shown on the pack.

**6. Contents of the pack and other information****What this medicine contains:**

- The active substances per sachet are: paracetamol 650mg and phenylephrine hydrochloride 10mg.
- The other ingredients are: ascorbic acid (Vitamin C), citric acid, sucrose, aspartame, sodium citrate, saccharin sodium, curcumin WD, caster sugar, lemon and menthol flavour.

**Contents of the pack**

This product is available in cartons of 5 and 10 sachets. Not all pack sizes may be marketed.

**Marketing Authorisation Holder and Manufacturer:** Reckitt Benckiser Healthcare (UK) Ltd,

Hull, HU8 7DS. PL 00063/0041.

Leaflet last revised December 2018

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**RB Artwork and Print Specification**

Trident Reference No:	RB334114
ZEN Ref:	<b>TR1422898</b>
Action:	<b>D</b>
Brand:	Lemsip
Category:	Regular
Segment Group:	Cold and Flu
Segment:	Menthol
Pack Size:	5Sachets
Market/Country:	UK
Date:	10/12/18

RBH Contact: Andrew Jamieson

**Artwork Type: IDM Submission**

Component Code (2D if applicable):	<b>RB00000</b>
Parent Technical Packaging	
Specification:	D0000492
Finished Goods Code:	<b>N/A</b>
Supply Point:	RB Hull
Pharmacode No/NE:	N/A
Edgemark Position:	N/A

CAD Cam Ref:	Lsp-Lfit-D0000492-170x130mm
Printer:	Medica Packaging Limited (Crewe, UK)
Substrate:	Paper White

Technical & Non Printing Items	
Cutter	Cutter 2 (if applicable)
Guides	Guides 2 (if applicable)

Colours (Leaflet)	
Process Black	LTH

**BARCODE INFO**

Barcode Type:	N/A
Barcode Number:	N/A
Magnification:	N/A
Truncated By:	N/A
Full Height:	N/A
Bar Height (Smallest Bar):	N/A
BWR:	N/A
Encoded Data:	N/A



HEALTH • HYGIENE • HOME



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Sm•Art check results: G=2; O=0; R=0; - SB - 10/12/18 11:05:39

**CUSTOMER INFO:**  
Minimum Point Size = 9.00pt

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