



HALÉON

BREATHE CLEAR

HOT HONEY & LEMON MENTHOL FLAVOUR

Powder For Oral Solution

Paracetamol, Phenylephrine Hydrochloride

Please read right through this leaflet before you start using this medicine.

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

- Keep this leaflet you may need to read it again.
- If you have any questions, or if there is anything you do not understand, ask your pharmacist.

In this leaflet:

1. What this medicine does
2. Check before you take this medicine
3. How to take this medicine
4. Possible side effects
5. How to store this medicine
6. Further information

1. What this medicine does

This medicine is used for the short term relief of the symptoms of flu, colds and chills. These symptoms include headache, shivers, aches and pains, blocked nose and painful sinuses, catarrh and sore throat.

This medicine contains two active ingredients.

Paracetamol is a painkiller and reduces your temperature when you have a fever.

Phenylephrine hydrochloride is a decongestant which unblocks your nose and sinuses helping you breathe more easily. This product contains 40 mg of Vitamin C.

2. Check before you take this medicine



Do not take this medicine:

- if you have ever had an **allergic reaction** to paracetamol, phenylephrine hydrochloride, ascorbic acid or to any of the other ingredients (listed in Section 6)
- if you have **kidney or liver problems, overactive thyroid, diabetes, high blood pressure or heart or circulation disease**
- if you have an **enlarged prostate**
- if you have **phaeochromocytoma or glaucoma**
- if you are taking **tricyclic antidepressants** (e.g. imipramine or amitriptyline) or if you are taking or have taken within the last two weeks **monoamine oxidase inhibitors (MAOIs)** (e.g. moclobemide) prescribed for **depression**
- if you are taking **beta blockers**.

Do not take anything else containing paracetamol while taking this medicine.

Do not take with any other flu, cold or decongestant product.



Take special care with this medicine

Contains paracetamol. Taking too much paracetamol can cause serious harm to your liver.

- This product may cause dizziness. If affected, do not drive or operate machinery.
- 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 medicine contains 120 mg sodium (main component of cooking/table salt) in each sachet. This is equivalent to 5% of the recommended maximum daily dietary intake of sodium for an adult.
- This medicine contains 50mg aspartame in each sachet. Aspartame is a source of phenylalanine. It may be harmful if you have phenylketouria (PKU), a rare genetic disorder in which phenylalanine builds up because the body cannot remove it properly.



Ask your doctor before you take this medicine:

- if you have a **blood vessel disease** such as **Raynaud's Phenomenon**
- if you have **diabetes mellitus**. Each dose contains 3.8 g of sucrose.
- if you are on a **controlled-sodium diet**. Each dose contains **0.12 g of sodium**.
- if you have **liver or kidney problems**.
- if you have a **severe infection** as this may increase the risk of **metabolic acidosis**.
- Signs of metabolic acidosis include:
 - deep, rapid, difficult breathing
 - feeling sick (nausea), being sick (vomiting)
 - loss of appetite

Contact a doctor **immediately** if you get a combination of these symptoms.



If you are taking other medicines

Talk to your doctor or pharmacist before taking this medicine if you are taking any prescribed medicines; **particularly metoclopramide or domperidone** (for nausea [feeling sick] or **vomiting** [being sick]) or **ergotamine or methylsergide** (for **migraine**) or **colestyramine** (to **lower blood cholesterol**) or drugs to lower **blood pressure**; appetite suppressants or stimulants; drugs to treat **depression** such as tricyclic antidepressants (e.g. amitriptyline) or **heart disease** (e.g. digoxin) or if you take **blood thinning drugs** (**anticoagulants** e.g. warfarin).



Pregnancy and breast feeding

Do not take this medicine if you are **pregnant** or **breast feeding** unless advised by a doctor.

3. How to take this medicine



Adults and children aged 16 years and over:
Empty the contents of one sachet into a mug.
Half fill with very hot water. Stir well.

Add cold water as necessary and sugar if desired.

Always use the lowest effective dose to relieve your symptoms.

Take one sachet every 4 hours as needed.



- Do not take more frequently than every 4 hours.
- Do not take more than 6 sachets in 24 hours.
- Do not take more than the recommended dose.
- Do not take for more than 7 days without asking your doctor.
- Do not give to children under 16 years.

If you take too many sachets

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. If your symptoms persist, **see your doctor**.

4. Possible side effects

Like all medicines, this medicine can have side effects, but not everybody gets them. A small number of people have had side effects.

Stop taking this medicine and tell your doctor immediately if you experience:

- **Allergic reactions** which may be severe such as skin rash and itching sometimes with swelling of the mouth or face or shortness of breath.
- **Skin rash or peeling, or mouth ulcers.** Very rare cases of serious skin reactions have been reported.
- **Breathing problems.** These are more likely if you have experienced them before when taking other painkillers such as ibuprofen or aspirin.
- **Unexplained bruising or bleeding.**
- **Reoccurring fevers or infections.**
- Nausea, sudden weight loss, loss of appetite and yellowing of the eyes and skin.
- **Visual disturbances.** This is rare but is more likely in those with glaucoma.
- **Unusually fast pulse rate** or a sensation of an unusually fast or irregular heartbeat.
- **Difficulty passing water.** This is more likely to occur in men with an enlarged prostate gland.

The following side effects may occur. **Tell your doctor** if you get them:

- Raised blood pressure, headache, dizziness, difficulty sleeping, nervousness, anxiety, diarrhoea or sickness.

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 out of the sight and reach of children.

Do not use this medicine after the 'EXP' date shown on the pack.

Store below 25°C.

6. Further information

Active ingredients Each dose contains Paracetamol 600 mg and Phenylephrine Hydrochloride 10 mg.

Other ingredients Vitamin C (ascorbic acid), sucrose, sodium citrate, citric acid, maize starch, menthol, honey flavour, honey flav-o-lok, lemon flavour, caramel (E 150), aspartame (E 951), saccharin sodium. Packs of this medicine contain 5 or 10 sachets.

Marketing authorisation holder: Haleon UK Trading Limited, The Heights, Weybridge, KT13 0NY, U.K. and all enquiries should be sent to this address.

The manufacturer is: Haleon Alcala, S.A., Ctra. de Ajalvir, km. 2,500 - 28806 Alcalá de Henares, Madrid - Spain.

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