



Covonia Chesty Cough Mixture Mentholated

(levomenthol, squill tincture, liquorice liquid extract)

Important information about Covonia Chesty Cough Mixture

- This medicine relieves the symptoms of chesty coughs and sore throats in adults, the elderly and children over 5 years.

Do not use....

- If you have a heart complaint.

Read the leaflet before you use this medicine. It includes other information which might be especially important for you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need any more information or advice.
- If you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

1. What the medicine is for

This medicine contains liquorice and squill which belong to a group of medicines known as expectorants. They help remove phlegm in people with chesty coughs. Menthol helps relieve congestion in chesty coughs and bronchitis.

2. Before you use this medicine

Do not use the medicine if you or your child have....

- An **allergy** to any of the ingredients listed in section 6.
- Any type of **heart complaint**.
- Are an alcoholic.
- Have breathing difficulties.
- Have raised pressure in your head.
- Have heart, liver or kidney problems.

Talk to your doctor if you or your child are taking....

- Carbenoxolone for a stomach ulcer.
- Medicines which help remove fluids from the body (e.g. water tablets).

Pregnant or breastfeeding....

Ask your doctor or pharmacist for advice before using this medicine if you are pregnant, might be pregnant or are breastfeeding.

Important information about some of the ingredients

This medicine contains:

- 282mg of alcohol (ethanol) in each 5ml dose. The amount in 5ml of this medicine is equivalent to less than 7ml of beer or 3ml of wine. The small amount of alcohol in this medicine will not have any noticeable effects.
- 1.3g glucose and 1.3g sucrose per 5ml dose. This should be taken into account in patients with diabetes mellitus. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

- sodium methyl, ethyl and propyl parahydroxybenzoates (E215, E219) which may cause allergic reactions (possibly delayed).
- less than 1mmol sodium (23mg) per 5ml dose, that is to say essentially 'sodium-free'.

3. How to use this medicine

Take this medicine by mouth.

Adults, the elderly and children over 12 years

- Take one or two 5ml spoonfuls every 4 hours if required.

Children aged 5-12 years

- Take one 5ml spoonful every 4 hours if required.

Children under 5 years

Do not give to children under 5 unless your doctor tells you to.

Warning: Do not take more medicine than the label tells you to.

If your symptoms persist or worsen you should ask your doctor for advice.

If you take too much

If you accidentally take too much, see a doctor straight away. Take the pack with you to show which medicine you have swallowed.

Turn over

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4. Possible side effects

Like all medicines Covonia Chesty Cough Mixture can have side effects, although these don't affect everyone.

Possible side effects are:

- Allergic reactions such as dermatitis, skin rash, flushing and itchy lumps.
- Higher sodium salt and water levels within the body.
- Low blood potassium levels within the body.

Unbalanced potassium and sodium levels may produce side effects of muscle weakness, confusion, disorientation, and irregular heartbeat.

- Gastrointestinal reactions such as abdominal pain, vomiting and diarrhoea.

If you notice these or any other side effect not included above, stop use and tell your doctor or pharmacist. They will tell you what to do.

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. Storing this medicine

- Keep it out of the sight and reach of children.
- Do not store above 25°C.
- Do not use after the expiry date shown on the carton. The expiry date refers to the last day of that month.
- Medicine should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of any unused medicine. These measures will help to protect the environment.

6. Further information

What is in this medicine

The active ingredients per 5ml are:

levomenthol 4mg, squill tincture 0.6ml, liquorice liquid extract 0.125ml.

The other ingredients are:

peppermint oil, anise oil, capsicum tincture (capsicum oleoresin, ethanol), syrup (sucrose), liquid glucose, magnesium aluminium silicate, sodium methyl, ethyl and propyl parahydroxybenzoates (E215, E219), glycerol (E422), caramel (E150c), purified water.

What the medicine looks like

Covonia Chesty Cough Mixture is a brown cloudy liquid which smells of menthol and aniseed. It is supplied in 50ml, 150ml, 180ml and 300ml bottles.

Marketing authorisation holder and manufacturer

Thornton and Ross Ltd., Huddersfield, HD7 5QH, UK.

This leaflet was last revised in April 2020

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