Care

Simple Linctus

Sugar Free

Citric Acid Monohydrate

Relieves the symptoms of coughs

IMPORTANT: Peel this label at corner and read BEFORE use. Do not tear off, re-fix for future use.

An oral solution for symptomatic relief of coughs.

Take the solution by mouth.
Adults, the elderly and children over 12 years: Take 1 x 5ml spoonful. Repeat the dose up to four times a day if required.
Do not give to children under 12 years old unless your doctor tells you to.

Peel where shown for further precautions.

Active ingredient per 5ml: citric acid monohydrate (E330) 125mg.

Peel Here

Also contains amongst other ingredients: glycerol (E422), maltitol liquid (contains sorbitol), sodium benzoate (E211), and aniseed flavour (contains propylene glycol E1520). Maltitol liquid (E965) 4.2g per 5ml.

Peel where shown for full list of ingredients.

Do not store above 25°C.
Discard 2 months after first opening.

Keep out of the sight and reach of children.

Manufactured by the licence holder L.C.M. Ltd., Huddersfield, HD7 5QH, UK for Thornton and Ross Ltd., Huddersfield, HD7 5QH, UK.

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This medicine is a demulcent. It coats the throat and relieves the symptoms of coughs.

1. 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 3.
- Or your child is **under 12** years old.

⚠Pregnant or breastfeeding....

Ask your doctor or pharmacist for advice before using this medicine if you are pregnant, might be pregnant or are breastfeeding. Simple Linctus Sugar Free should not be used in pregnancy unless the doctor has told you to do so.

⚠Important ingredient information

- This product contains 4.2g of maltitol liquid per 5ml 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.
- This medicine contains less than 1mmol sodium (23mg)per 5ml dose, that is to say essentially "sodium-free.
- This medicine contains 840mg sorbitol in each 5ml dose. Sorbitol is a source of fructose. If your doctor has told you that you have an intolerance to some sugars or if you have hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before taking this medicine.
- This medicine contains 2.5mg sodium benzoate per 5ml dose.

2. Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. Hypersensitivity/allergic reactions are possible with this product (frequency unknown).
If taken excessively above the stated dose, glycerol present in the medicine may cause headache, stomach upset and diarrhoea.

If you notice any side effects, stop use and tell your doctor or pharmacist. They will tell you what to do.

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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.

3. Further information

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

- Do not use after the expiry date. The expiry date refers to the last day of that month.
- Return any unused medicine to the pharmacy for disposal.

The active ingredient per 5ml is: citric acid monohydrate (E330) 125mg.

The other ingredients are: glycerol (E422), aniseed flavour (contains propylene glycol E1520), maltitol liquid (E965) (contains sorbitol), sodium benzoate (E211) and purified water.

What the medicine looks like
Simple Linctus Sugar Free is a colourless syrupy liquid. It is supplied in a 200ml bottle.

This label was last revised in September 2020

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