

**Lemsip Max All in One Breathe Easy Powder for oral solution**  
(paracetamol, guaifenesin and phenylephrine hydrochloride)  
Patient Information Leaflet

Please read this leaflet carefully before you take this medicine. If you are not sure of anything ask your pharmacist or doctor.

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

Lemsip Max All in One Breathe Easy Powder for Oral Solution contains a combination of ingredients which are effective in relieving the symptoms associated with colds & flu, including relief of aches and pains, sore throats, headache, nasal congestion and lowering of temperature, and chesty coughs. Paracetamol is a well-known painkiller (analgesic). It is effective against aches and pains, including a headache, and can also reduce a fever (antipyretic). Guaifenesin (expectorant) allows you to cough up phlegm when suffering from a chesty cough. 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. Before taking this medicine**

Do not take this medicine with any other paracetamol-containing products. Also, you should not drink large quantities of alcohol, whilst taking this medicine. As with all medicines Lemsip Max All in One Breathe Easy Powder for Oral Solution may not be suitable for some people.

Do not take this medicine if:

- You are allergic to any ingredient (see section 6 for further Information)
- 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 should ask the pharmacist before taking Lemsip Max All in One Breathe Easy Powder for Oral Solution if:

- You have Raynaud's syndrome (poor blood circulation which makes the fingers or toes pale and numb), or diabetes mellitus
- 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)
- You are taking tricyclic antidepressants (a specific class of drugs used to treat depression), other decongestants, or barbiturates (used to treat sleep problems or epilepsy)
- 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 have closed angle glaucoma or prostatic enlargement
- You are taking 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 glycosides).

### **Information about some of the ingredients in your medicine**

Contains aspartame, a source of phenylalanine. May be harmful for people with phenylketonuria (an inherited genetic disorder).

Contains sucrose and lactose. 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 medicinal product contains 129.0mg of sodium per dose. To be taken into consideration by patients on a controlled sodium diet. Contains sulphite. May rarely cause severe hypersensitivity reactions and bronchospasm.

**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.

### **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 and children 16 years of age and over:**

One sachet every 4-6 hours as required. Do not take more than 4 sachets in a total of 24 hours.

#### **Do not give to children under 16 years of age.**

If the symptoms of your cold or flu persist for more than three days, or worsen, consult your pharmacist.

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 if you take too much of this medicine.

### **4. Possible side-effects**

- Allergic reactions (such as skin rashes)
- Very rare cases of serious skin reactions have been reported.
- 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)
- 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](http://www.mhra.gov.uk/yellowcard)"

By reporting side effects, you can help provide more information on the safety of this Medicine.

### **5. How to store**

Keep all medicines out of the sight and reach of children.

Do not use after the end of the month of the expiry date (EXP month/year) shown on the pack.


Do not store above 25°C (77°F). Store in the original package. Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## **6. Further information**

Contains the active ingredients paracetamol 1000mg, guaifenesin 200mg and phenylephrine hydrochloride 12.2mg. The other ingredients are sucrose, citric acid, sodium citrate, lemon flavour, menthol flavour (contains sulphite), aspartame, ascorbic acid (Vitamin C), saccharin sodium and curcumin (contains curcumin E100, lactose, polysorbate 80 E433 and silica E551).

The product is available in cartons of 1, 2, 3, 4, 5, 6, 7, 8, 9 and 10 sachets. Not all pack sizes may be marketed.

Alternative format patient information for the visually impaired is available on request from the Marketing Authorisation Holder/Manufacturer: Reckitt Benckiser Healthcare (UK) Ltd, Hull, HU8 7DS. Marketing Authorisation Number: PL00063/0538

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