	Package Leaflet: Information for the User Lemsip Max Day & Night Cold & Flu Relief Capsules (paracetamol, caffeine and phenylephrine hydrochloride)
im	ad all of this leaflet carefully before you start taking this medicine because it contains portant information for you. ways take this medicine exactly as described in this leaflet or as your doctor or pharmacist have told
yoi • •	
1. 2. 3. 4. 5.	hat is in this-leaflet What this medicine is and what it is used for What you need to know before you take this medicine How to take this medicine Possible side effects How to store this medicine Contents of the pack and other information
Lei eff Pai hea 	What this medicine is and what it is used for msip Max Day & Night Cold & Flu Relief Capsules contain a combination of ingredients which are ective in relieving the symptoms associated with colds and flu, including relief of aches and pains, re throats, headache, nasal congestion and lowering of temperature. racetamol is a well-known painkiller (analgesic). It is effective against aches and pains, including a adache, and can also reduce a fever (antipyretic). Caffeine (a mild stimulant), helps relieve fatigue d drowsiness through the day (it is-only used in-the Day-capsule). Phenylephrine hydrochloride usal decongestant) reduces swelling in the passages of the nose, relieving nasal congestion and lucing the pressure which may cause a headache.
2. As	What you need to know before you take this medicine with all medicines Lemsip Max Day & Night Cold & Flu Relief Capsules may not be suitable for ne people.
• • • •	not take this medicine if: You are allergic to paracetamol, caffeine or phenylephrine hydrochloride or any of the other ingredients of this medicine (listed in section 6) 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 have an enlarged prostate
•	You have phaeochromocytoma arnings and precautions: Talk to your doctor or pharmacist before taking this medicine if: You have Raynaud's syndrome (poor blood circulation which makes the fingers or toes pale and numb), or diabetes mellitus You have a problem with your liver or kidneys or a history of stomach ulcer 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
Du Yo irr (a use Syn	ring treatment with this medicine, tell your doctor straight away if: u have severe illnesses, including severe renal impairment or sepsis (when bacteria and their toxins culate in the blood leading to organ damage), or you suffer from malnutrition, chronic alcoholism if you are also taking fluctoxacillin (an antibiotic). A serious condition called metabolic acidosis blood and fluid abnormality) has been reported in patients in these situations when paracetamol is ed at regular doses for a prolonged period or when paracetamol is taken together with fluctoxacillin. mptoms of metabolic acidosis may include: serious breathing difficulties with deep rapid breathing, owsiness, feeling sick (nausea) and being sick (vomiting).
Ot Tel	ildren and adolescents: Do not give this medicine to children under 16 years of age. her medicines and Lemsip Max Day & Night Cold & Flu Relief Capsules:
•	Do not take with other paracetamol-containing products Do not take if you are taking or have taken within the last 14 days a medicine called a monoamine oxidase inhibitor (MAOI), a medicine used to treat depression. Concomitant use of other cough and cold medicines could lead to overdose and should therefore be avoided.
Tal	 avoided. Ik 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 antidepressants (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 glycosides). The speed at which caffeine is disposed of by the body can be slowed down by cimetidine (used to reduce stomach acid), disulfiram (used to treat alcoholism) or oral
	contraceptives

• Flucloxacillin (antibiotic). Due to a serious risk of blo gap metabolic acidosis) that must have urgent treatme

Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pyour doctor or pharmacist for advice before taking this n women with a history of pre-eclampsia.

Driving and using machines: This medicine can cause nervousness or mental confusion. Do not drive or use ma symptoms.

This medicine contains: Sodium (less than 23 mg per de

3. How to take this medicine

The capsules should be swallowed whole with water. Do It is important to drink plenty of fluids when suffering free Adults, the elderly and children aged 16 years and ov Daytime

Take two red and yellow capsules every 4-6 hours during the day to a maximum of 3 doses when necessary. Do not take more than 6 red and yellow

capsules in any 24 hours. Do not take more than 8 capsules (4 doses) in any 24

16 years of age.

If the symptoms of your cold and flu persist for more tha If you take more capsules than you should: Talk to a d medicine, even if you feel well. This is because too mu liver damage. You may experience symptoms of dizzin heartbeat), stomach pain, high blood pressure with he (pallor), feeling sick (nausea), vomiting or loss of appe 4. Possible side-effects

Like all medicines, this medicine can cause side effects, 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 bleed or bruise more easily), pancytopenia (reduction leucopenia or neutropenia (reduction in white blood co
- A serious condition that can make blood more acidic
 Severe illness using paracetamol (see section 2)
- severe illness using paracetamol (see section 2)
 Stomach and gut disorder, such as feeling sick, being
- Difficulty in sleeping, restlessness, nervousness or me these symptoms, do not drive or use machines
- Caffeine, if taken close to bedtime, may interfere with
- Difficulty in passing urine (especially in men)

Reporting of side effects

If your get any side effects, talk to your doctor, pharmacis effects not listed in this leaflet. You can also report side e at : www.mhra.gov.uk/yellowcard or search for MHRA y Store.

By reporting side effects, you can help provide more infe

5. How to store this medicine

Keep all medicines out of the sight and reach of children Do not use after the end of the month of the expiry date (Do not store above 25°C (77°F). Store in the original pac Do not throw away any medicines via wastewater or hou throw away medicines you no longer use. These measure

6. Contents of the pack and other information

What this medicine contains: Red and yellow Day cap
 The active ingredients are: paracetamol 500mg, caffed 6.1mg.

- The other ingredients are: starch, croscarmellose sodi sterilised talc, gelatin, titanium dioxide (E171), patent quinoline yellow (E104).
- Red and blue Night capsules contain:
- The active ingredients are: paracetamol 500mg and ph
 The other ingredients are: starch, croscarmellose sodiu sterilised talc, gelatin, titanium dioxide (E171), patent

What this medicine looks like and contents of the pac gelatin capsules, Night-time capsules are red/blue hard g cartons of 8 and 16 capsules. Not all pack sizes may be r

Marketing Authorisation Holder/Manufacturer: Reckitt Benckiser Healthcare (UK) Limited, Hull, HU8 Manufacturer:

RB NL Brands B.V. WTC Schiphol Airport, Schiphol Bo Leaflet last revised January 2025.

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ood and fluid abnormality (called high anion ent (see section 2).
pregnant or are planning to have a baby, ask nedicine. This product should not be used in
difficulty in sleeping, restlessness, achines if you are affected by any of these
lose), that is to say essentially `sodium-free'.
o not chew
Night time
Take two blue and red capsules at night if needed.
hours. Do not give to children under
an 3 days, or worsen consult your pharmacist. doctor at once if you take too much of this ich paracetamol can cause delayed, serious ness, palpitations (irregular or forceful eadache, unhealthy pale appearance etite if you take too much of this medicine.
although not everybody gets them.
n in blood platelets which might mean that you in white and red blood cells), agranulocytosis, cells which makes infections more likely) (called metabolic acidosis), in patients with
sick or abdominal discomfort ental confusion. If you are affected by any of
n sleep.
st or nurse. This includes any possible side effects directly via the Yellow Card Scheme Yellow Card in the Google Play or Apple App
formation on the safety of this medicine.
h. (EXP month/year) shown on pack.
ckage. Isehold waste. Ask your pharmacist how to es will help protect the environment
sules contain: ine 25mg and phenylephrine hydrochloride
um, sodium lauril sulfate, magnesium stearate, t blue V (E131), erythrosine E127) shellac and
henylephrine hydrochloride 6.1mg. um, sodium laurif sulfate, magnesium stearate, t blue V (E131) and erythrosine E127) shellac.
:k: Day-time capsules are red/yellow hard gelatin capsules. The product is available in marketed.
7DS, UK. PL 00063/0143
oulevard 207, 1118 BH Schiphol, Netherlands.
itt group of companies.