Package Leaflet: Information for the User

Lemsip Max Apple & Cinnamon Flavour Powder for Oral Solution

(paracetamol and phenylephrine hydrochloride)

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

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

Lemsip Max Apple & Cinnamon Flavour Powder for Oral Solution contains a combination of ingredients which are effective in relieving the symptoms associated with colds and flu, including relief of aches and pains, sore throats, headache, nasal congestion and lowering of temperature.

Paracetamol is a well-known painkiller (analgesic). It is effective against aches and pains, including a headache, and can also reduce a fever (antipyretic). 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. What you need to know before you take this medicine

As with all medicines Lemsip Max Apple & Cinnamon Flavour 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 have an enlarged prostate

Warnings 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.
- 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
- You have phenylketonuria

Other medicines and Lemsip Max Apple & Cinnamon Flavour Powder for Oral Solution

- Do not take with other paracetamol-containing products

Talk 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)
- Taking tricyclic antidepressants (a specific class of drugs used to treat depression), other decongestants, or barbiturates (used to treat sleep problems or epilepsy)
- 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 glycoside).

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

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.

This medicine contains:

- Aspartame, a source of phenylalanine. This medicine contains 61.5mg aspartame in each sachet. It may be harmful if you have phenylketonuria (PKU), a rare genetic disorder in which phenylalanine builds up because the body cannot remove it properly.
- Sucrose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.
- Sodium (129.0mg per sachet), main component of cooking/table salt. This is equivalent to 6.45% of the recommended maximum daily dietary intake of sodium for an adult.

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Pharmacode Reads This Way — First Bar — Last Bar

FPO

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, the elderly and children 16 years and over: One sachet every 4-6 hours as required. **Do not take more than 4 sachets in 24 hours.**

Do not give to children under 16 years.

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

If you take more Lemsip Max Apple & Cinnamon Flavour Powder for Oral Solution than you should: 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, high blood pressure with headache, unhealthy pale appearance (pallor), feeling sick (nausea) or vomiting if you take too much of this medicine.

If you forget to take this medicine: Do not take a double dose to make up for a forgotten dose. If you forget a dose, take it as soon as you remember it an then take the next dose at least 4 hours later.

4. Possible side-effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

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 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)
- Stomach and gut disorder, such as feeling sick, being sick or 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 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 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. Store in the original package.

6. Contents of the pack and other information

What this medicine contains:

- The active substances per sachet are: paracetamol 1000mg and phenylephrine hydrochloride 12.2mg.
- The other ingredients are: ascorbic acid, caster sugar, pulverised sucrose, citric acid anhydrous, sodium citrate, apple and cinnamon flavour, aspartame (E951), saccharin sodium and caramel (E150).

Contents of the pack This product is available in cartons of 5, 7, 9 and 10 sachets. Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer: Reckitt Benckiser Healthcare (UK) Ltd, Hull, HU8 7DS.

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Lemsip, Lemsip Max Ⓣ and are trade marks.

RB97661

Pharmacode Reads This Way — Last Bar — First Bar

FPO

RB Artwork and Print Specification

Trident Reference No:	RB197661
ZEN Ref:	**TR1010403**
Action:	**F**
Brand:	Lemsip
Category:	Max
Segment Group:	Cold & Flu
Segment:	Lemon
Pack Size:	NaSachets
Market/Country:	UK
Date:	07/03/19
RBH Contact:	Alexandra Bayet

Artwork Type: Submission

Component Code (2D if applicable):	**RB97661**
Parent Technical Packaging Specification:	D0000492
Finished Goods Code:	**Na**
Supply Point:	RB Hull
3rd Party Code	N/A
Pharmacode No/NE:	N/A
Edgemark Position:	Na
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Substrate:	Paper White

Technical & Non Printing Items

Cutter — Cutter 2 (if applicable)

Guides — Guides 2 (if applicable)

Colours (Leaflet)

Process Black — 1 — LTH

BARCODE INFO

Barcode Type:	N/A
Barcode Number:	N/A
Magnification:	N/A
Truncated By:	N/A
Full Height:	N/A
Bar Height (Smallest Bar):	N/A
BWR:	N/A
Encoded Data:	N/A

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TRIDENT

Connaught House, Connaught Road,
Kingswood Business Park, Hull, HU7 3AP, England.
T: +44 (0) 1482 828100

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CUSTOMER INFO:
Minimum Point Size = 9.00pt