

Package Leaflet: Information for the user**Numark MAX STRENGTH SINUS RELIEF WITH DECONGESTANT CAPSULES**

Paracetamol, Caffeine and Phenylephrine hydrochloride



Read all of this leaflet carefully before you start taking this medicine because it contains important information for you. This medicine is available without prescription. However you still need to take **Numark MAX STRENGTH SINUS RELIEF WITH DECONGESTANT CAPSULES** carefully to get the best results from them.

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 3 days.

The name of your medicine is Numark MAX STRENGTH SINUS RELIEF WITH DECONGESTANT CAPSULES. In the rest of this leaflet it is called Max Strength Sinus Relief with Decongestant Capsules.

What is in this leaflet

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1. What Max Strength Sinus Relief with Decongestant Capsules are and what they are used for

Max Strength Sinus Relief with Decongestant Capsules contain a combination of paracetamol (a painkiller), caffeine (a mild stimulant) and phenylephrine hydrochloride (a decongestant).

Max Strength Sinus Relief with Decongestant Capsules are used to relieve the symptoms of the common cold and flu; including fever, aches and pains, headaches, tiredness and drowsiness, nasal congestion (blocked nose and sinus) and reducing temperatures.

2. What you need to know before you take Max Strength Sinus Relief with Decongestant Capsules

Do not take Max Strength Sinus Relief with Decongestant Capsules if you:

- are allergic to paracetamol, caffeine, phenylephrine hydrochloride or any of the other ingredients of this medicine (listed in section 6)
- are hypersusceptible to phenylephrine
- have had ulcers of the stomach or small intestine (peptic ulcer disease)
- have an overactive thyroid
- have swelling of blood vessels (aneurysms) or narrowing of blood vessels
- suffer from heart disease, including high blood pressure
- suffer from a tumour called a pheochromocytoma
- suffer from an enlarged prostate
- suffer from diabetes
- suffer from an eye condition called closed angle glaucoma
- are taking sympathomimetic decongestants
- are taking beta blockers e.g. atenolol (used to treat high blood pressure)
- are taking tricyclic antidepressants (e.g. imipramine or amitriptyline) or if you are taking or have taken within the last two weeks monoamine oxidase inhibitors (MAOIs) (e.g. moclobemide) prescribed

for depression.

Warnings and precautions**Talk to your doctor or pharmacist before taking Max Strength Sinus Relief with Decongestant Capsules if you:**

- suffer from kidney disease or liver disease, particularly if caused by alcohol
- suffer from alcoholism
- suffer from asthma, particularly if your asthma is worsened by aspirin
- have a blood vessel disease such as Raynaud's Phenomenon
- have heart or circulation disease

This medicine contains paracetamol; do not take with any other paracetamol-containing products at the same time.**Do not take with any other flu, cold or decongestant products.****Other medicines and Max Strength Sinus Relief with Decongestant Capsules**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, including medicines obtained without a prescription. The following medicines can affect or be affected by Max Strength Sinus Relief with Decongestant Capsules:

- medicines used to treat bacterial infections (e.g. quinolone antibiotics such as enoxacin, piperidic acid, ciprofloxacin and isoniazid used to treat tuberculosis)
- medicines used to treat epilepsy (fits) (e.g. carbamazepine, phenobarbital, lamotrigine, phenytoin and primidone)
- medicines used to treat depression (e.g. fluvoxamine, tricyclic antidepressants such as amitriptyline or imipramine, reversible inhibitors of monoamine oxidase (RIMAs) such as moclobemide and monoamine oxidase inhibitors (MAOIs) or if you have taken MAOIs within the past 14 days)
- digoxin (used to treat heart disease) and cardiac glycosides (used to treat heart failure)
- metoclopramide and domperidone (used to treat sickness and nausea)
- oral contraceptives ("The Pill", mini-pill), hormonal implants and HRT
- warfarin and other coumarin medicines (used to thin the blood)
- probenecid (used to treat gout)
- diflunisal (an anti-inflammatory painkiller)
- colestyramine (used to treat high cholesterol and in diseases of the intestine and liver)
- benzodiazepine medicines (sedatives e.g. diazepam)
- disulfiram (used to treat alcoholism)
- lithium (used to treat manic depression/bipolar disorder)
- mexiletine (used to treat abnormal heart rhythms)
- phenylpropanolamine (a decongestant)
- theophylline (used in the treatment of asthma)
- alpha-blockers (used in high blood pressure and problems associated with enlarged prostate)
- beta-blockers (used to treat high blood pressure)
- medicines used to decrease appetite
- amphetamine-like psychostimulants also known as 'uppers' or 'speed'
- atropine (used in anaesthesia or to increase the heart rate)
- ergot alkaloids (used in the treatment of migraines e.g. ergotamine and methysergide)
- oxytocin (used to induce childbirth)
- sympathomimetics (used to maintain blood pressure in critically ill patients)
- intravenous busulfan (used in chemotherapy to treat cancer).

Pregnancy and breast-feeding

If necessary, Max Strength Sinus Relief with Decongestant Capsules can be used during pregnancy. If you are pregnant or breast-feeding, think you may be pregnant or

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are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine. You should use the lowest possible dose that reduces your pain and/or your fever and use it for the shortest time possible. Contact your doctor if the pain and/or fever are not reduced or if you need to take the medicine more often.

This medicine (Max Strength Sinus Relief with Decongestant Capsules) with Alcohol Do not drink alcohol while taking this medicine.

Driving and using machines

It is possible that Max Strength Sinus Relief with Decongestant Capsules may cause dizziness. Do not drive or operate machinery if affected.

3. How to take Max Strength Sinus Relief with Decongestant Capsules

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist or nurse has told you. Check with your doctor or pharmacist or nurse if you are not sure. Swallow capsules whole with a glass of water. Do not chew.

Adults and children 16 years and over: 1 to 2 capsules every 4-6 hours. Do not take more than 8 capsules in 24 hours.

Children 12 – 15 years: One capsule every 4 – 6 hours when necessary to a maximum of 4 doses in 24 hours

Children under 12 years of age: Do not give to children under 12 years.

Do not take for more than 3 days without consulting a doctor.

If you take more Max Strength Sinus Relief with Decongestant Capsules 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.

If you forget to take Max Strength Sinus Relief with Decongestant Capsules

If you forget a dose, take another as soon as you remember. If it is almost time for your next dose, then do not take the missed dose at all. Do not take a double dose to make up for a forgotten dose.

4. Possible side effects

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

As can happen with any medicine, a few people may develop side effects. If you experience any of the following, stop taking Max Strength Sinus Relief with Decongestant Capsules immediately, and see your doctor or pharmacist:

- **Allergic reactions** which may be severe such as skin rash, peeling of the skin, itching, mouth ulcers, swollen red areas of the skin, sometimes with shortness of breath or swelling of the mouth, lips, tongue, throat or face.
- hallucinations
- restlessness
- **Breathing problems.** These are more likely if you have experienced them before when taking other painkillers such as ibuprofen or aspirin.
- Unexplained bruising or bleeding
- Reoccurring fevers or infections
- Visual disturbances. This is more likely in those with glaucoma.
- Nausea, sudden weight loss, loss of appetite and yellowing of the eyes and skin.
- Unusually fast pulse rate or a sensation of unusually fast or irregular heartbeat
- Difficulty passing water. This is more likely to occur in men with an enlarged prostate gland.

Side effects that have been reported with Max Strength Sinus Relief with Decongestant Capsules are:

- headache, dizziness, difficulty sleeping, nervousness, anxiety, diarrhoea or sickness
- excitability
- irritability
- worsening of asthma

- insomnia
- high blood pressure

The use of this medicine over a long time can cause kidney problems. If you experience any side effects or feel that the medicine is affecting you badly tell your doctor or pharmacist immediately.

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 Max Strength Sinus Relief with Decongestant Capsules

Keep this medicine out of the sight and reach of children.

- Max Strength Sinus Relief with Decongestant Capsules should be stored in a dry place below 25°C
- Store in the original container to protect from light; do not transfer to another container
- Do not use this medicine after the expiry date which is stated on the label. The expiry date refers to the last day of that month.

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. Contents of the pack and other information

What Max Strength Sinus Relief with Decongestant Capsules contain

The active ingredients are: paracetamol 500mg, caffeine 25mg and phenylephrine hydrochloride 6mg. The other ingredients are: pregelatinised starch, sodium lauryl sulphate, croscarmellose sodium, magnesium stearate, talc, purified water. Empty hard gelatine capsule shell; quinoline yellow (E104), patent blue V (E131), titanium dioxide (E171) and erythrosine (E127).

What Max Strength Sinus Relief with Decongestant Capsules look like and contents of the pack

Max Strength Sinus Relief with Decongestant Capsules are hard, red and yellow, gelatine capsules.

Max Strength Sinus Relief with Decongestant Capsules are available on general sale in blister pack sizes of 12 and 16 capsules.

Marketing Authorisation Holder:

Wockhardt UK Ltd,
Ash Road North,
Wrexham, LL13 9UF, UK.

Manufacturer: CP Pharmaceuticals Ltd, Ash Road North, Wrexham LL13 9UF, UK.

Other formats:

To listen to or request a copy of this leaflet in Braille, large print or audio please call, free of charge: 0800 198 5000 (UK Only).

Please be ready to give the following information:

Product name	Reference number
Numark MAX STRENGTH SINUS RELIEF WITH DECONGESTANT CAPSULES	29831/0172

This is a service provided by the Royal National Institute of Blind People.

This leaflet was last revised in July 2019.