Beechams

ALL IN ONE
Paracetamol, Phenylephrine, Guaifenesin

Please read right through this leaflet before you start using this medicine.
- Keep this leaflet you may need to read it again.
- If you have any questions, or if there is anything you do not understand, ask your pharmacist.

In this leaflet:
1. What Beechams All in One does
2. Check before you take Beechams All in One
3. How to take Beechams All in One
4. Possible side effects
5. How to store Beechams All in One
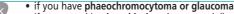6. Further information

1. What Beechams All in One does

Beechams All in One is used for the short term relief of the symptoms of colds, chills and flu with chesty coughs. These symptoms include headache, shivers, aches and pains, blocked nose and painful sinuses, catarrh, sore throat and a chesty, productive cough. This medicine contains three active ingredients. Paracetamol is a painkiller and reduces your temperature when you have a fever. Guaifenesin is an expectorant which loosens phlegm and relieves a chesty cough. Phenylephrine hydrochloride is a decongestant which unblocks your nose and sinuses helping you breathe more easily.

2. Check before you take Beechams All in One

❌ Do not take Beechams All in One:

- **if you have ever had an allergic reaction** to paracetamol, guaifenesin, phenylephrine hydrochloride or to any of the other ingredients (listed in Section 6)
- if you have **kidney** or **liver problems** (including **alcoholic liver disease**), **overactive thyroid, diabetes, high blood pressure** or **heart disease**

- if you have **phaeochromocytoma or glaucoma**
- if you are taking **beta blockers** (e.g. atenolol), **tricyclic antidepressants** (e.g. imipramine or amitriptyline) or if you are taking or have taken in the last two weeks **monoamine oxidase inhibitors** (MAOIs) (e.g. moclobemide) prescribed for **depression.**

Do not take anything else containing paracetamol while taking this medicine.
Do not take with any other flu, cold, decongestant products or cough suppressants.

⚠ Take special care with Beechams All in One

- **Do not drink alcohol** while using Beechams All in One.
- Beechams All in One contains 19% v/v ethanol **(alcohol)** i.e. up to 3 g per dose, equivalent to 76 ml beer, 32 ml wine per dose. This could be harmful if you suffer from **alcoholism.** This should also be considered in **pregnant** or **breast feeding** women, **children** and patients with **liver disease** or **epilepsy.**
- This product may cause dizziness. If affected do not drive or operate machinery.
- The amount of alcohol in Beechams All in One may alter the effects of other medicines.
- The amount of alcohol in Beechams All in One may impair your ability to drive or use machines.
- This medicine contains 2 g propylene glycol in each 20ml dose.
- Beechams All in One contains 4.7 g sorbitol. Sorbitol is a source of fructose. If your doctor has told you that you have an intolerance to some sugars or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before you take this medicine.

⚠ Ask your doctor before you take this medicine:

- if you have been told by your doctor you have an **intolerance to some sugars**
- if you have a **blood vessel disease** such as **Raynaud's Phenomenon**
- if you have **an enlarged prostate**
- if you have **asthma** or **chronic cough**
- if you have **heart** or **circulation disease**
- if you are on a **controlled-sodium diet.** Each 20 ml dose contains **42 mg of sodium.**

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! If you are taking other medicines

Talk to your doctor or pharmacist before taking this medicine if you are taking any prescribed medicines; particularly **metoclopramide** or **domperidone** (for **nausea** [feeling sick] or **vomiting** [being sick]) or **ergotamine** or **methylsergide** (for migraine) or **colestyramine** (to **lower blood cholesterol**) or drugs to lower **blood pressure**; appetite suppressants or stimulants; drugs to treat **depression** such as tricyclic antidepressants (e.g. amitriptyline) or **heart disease** (e.g. digoxin) or if you take **blood thinning drugs** (**anticoagulants** e.g. warfarin).

! Pregnancy and breast feeding

Talk to your doctor before taking this product if you are **pregnant** or **breast feeding.**

! Beechams All in One contains **colour sunset yellow FCF (E 110) which may cause allergic reactions.**

3. How to take Beechams All in One

✓ For oral use. **Adults and children aged 16 years and over:**
Fill the measuring cup to the 20 ml mark. Take one 20 ml dose every 4 hours as needed.

! • **Do not take more frequently than every 4 hours.**
• **Do not take more than 4 doses every 24 hours.**
• **Do not take more than the recommended dose.**
• **Do not take for more than 5 days without asking your doctor.**
• **Do not give to children under 16 years.**

If you take too much

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 your symptoms persist, **see your doctor.**

4. Possible side effects

Like all medicines, Beechams All in One can have side effects, but not everybody gets them. A small number of people have had side effects.
Stop taking this medicine and tell your doctor immediately if you experience:
• **Allergic reactions** which may be severe such as skin rash and itching sometimes with swelling of the mouth or face or shortness of breath.
• **Skin rash or peeling,** or **mouth ulcers.**

• **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.**
• **Nausea,** sudden **weight loss, loss of appetite** and **yellowing of the eyes and skin.**
• **Visual disturbances.** This is rare but is more likely in those with glaucoma.
• Unusually **fast pulse rate** or a sensation of an unusually **fast** or **irregular heartbeat.**
• **Difficulty passing water.** This is more likely to occur in men with an enlarged prostate gland.

The following side effects may also occur. **Tell your doctor** if you get them.
• Raised blood pressure, headache, dizziness, difficulty sleeping, nervousness, anxiety, diarrhoea or sickness.

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 Beechams All in One
Keep out of the sight and reach of children.
Do not use this medicine after the 'EXP' date shown on the pack.
Store below 25°C.

6. Further information

Active ingredients Each 20 ml dose contains Paracetamol 500 mg, Guaifenesin 200 mg and Phenylephrine Hydrochloride 10 mg.
Other ingredients Sorbitol (non-crystallising, E 420), glycerol, ethanol (96%), propylene glycol, sodium cyclamate, acesulfame potassium, sodium citrate, xanthan gum, citric acid monohydrate, coughsweet flavour, sunset yellow FCF (E 110), patent blue V (E 131), water.
This bottle contains 160 ml. Leaflet last revised January 2019.
The marketing authorisation holder is GlaxoSmithKline Consumer Healthcare (UK) Trading Limited, Brentford, TW8 9GS, U.K. and all enquiries should be sent to this address.
The manufacturer is Wrafton Laboratories Ltd, Wrafton, Braunton, North Devon, EX33 2DL, U.K.
Or Omega Pharma Manufacturing GmbH & Co Benzstrasse 25, D-71083, Herrenberg, Germany
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Harmony AMS
Artwork Information Panel

AMS Document Number:
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Manufacturing Site(s):
Omega Pharma_Herrenberg_GERMANY

Brand:
BEECHAMS

Sub Brand:
All in One

Variant:
Liquid Syrup 160ml

Approving Market(s):
UK

Print Process:
Offset - Lithography

Technical Drawing (Do NOT include version number):
200x150_Stanzriss_AK1

Material Spec. (Do NOT include version number):
N/A

Body Text Size:
8.0pt

Smallest Text Size:
8.0pt

Leading:
8.0pt

Horizontal Scale:
83%

Microtext:
N

Additional Info (1):
N/A

Additional Info (2):
N/A

Additional Info (3):
N/A

175 mm Measuring Bar

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