
Information for the user



Max Strength Sinus Pressure & Pain Relief Capsules (Caffeine, Paracetamol, Phenylephrine Hydrochloride)

Please read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice

What this medicine is for

This medicine contains paracetamol, an analgesic which relieves pain and reduces fever, Phenylephrine, a decongestant to relieve a blocked up nose and Caffeine, which helps the pain relieving effect of paracetamol.

It can be used to relieve the symptoms of congestion and sinusitis including aches and pains, headache, blocked nose and fever.

Before you take this medicine

This medicine can be taken by adults and children of 12 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take:

- **If you are allergic** to any of the ingredients in this medicine
- **If you have severe heart disease**, circulatory problems, high blood pressure
- **If you have a stomach ulcer**, or have had one
- **If you have an overactive thyroid**
- **If you are taking monoamine oxidase inhibitors** (for depression) or have taken them within the last 14 days
- **If you are pregnant or breastfeeding**, unless your doctor tells you to

! Talk to your pharmacist or doctor:

- If you have severe kidney or liver problems (including alcoholic liver disease)
- If you have diabetes
- If you have been told that you have Raynaud's Phenomenon, a condition caused by poor circulation in the fingers and toes

Other important information

Do not drink alcohol (e.g. wine, beer, spirits) whilst taking this medicine.

If you take other medicines

! This medicine contains paracetamol. Do not take with any other paracetamol-containing products.

Before you take these capsules, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Barbiturates (for epilepsy), tricyclic antidepressants
- Colestyramine (to reduce blood fat levels)

- Metoclopramide or domperidone (for feeling sick or being sick)
- Warfarin or other blood thinners - If you take warfarin you can take occasional doses of this medicine, but talk to your doctor first before you take it on a regular basis
- Other decongestants
- Medicines for high blood pressure, heart or circulatory problems (e.g. atenolol or hydralazine)

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

✓ How to take this medicine

Check the foil is not broken before use. If it is, do not take that capsule.

Age	How many to take	How often to take
Adults and children of 12 years and over	Two capsules	Every 4 hours, if you need to, up to 4 times in 24 hours. Don't take more than 8 capsules in 24 hours.

Swallow each capsule whole with water.

Do not chew.

Do not give to children under 12 years.

Do not take more than the amount recommended above.

If symptoms do not go away talk to your doctor.

- ! **If you take too many capsules:** Immediate medical advice should be sought in the event of an overdose, even if you feel well, because of the risk of delayed, serious liver damage. Go to your nearest hospital casualty department. Take your medicine and this leaflet with you.

Possible side effects

Most people will not have problems, but some may get some.

- ! **If you get any of these serious side effects, stop taking the capsules. See a doctor at once:**

- Difficulty in breathing, swelling of the face, neck, tongue or throat (severe allergic reactions)

These other effects are less serious. If they bother you talk to a pharmacist:

- Skin rash, tingling and coldness of the skin
- Difficulty sleeping, feeling sick, being sick
- Fast, slow or irregular heart beat, headache caused by an increase in blood pressure
- Unusual bruising or infections such as sore throats - this may be a sign of very rare changes in the blood

If any side effect becomes severe, or you notice any side effect not listed here, please tell your pharmacist or doctor.

How to store this medicine

Do not store above 25°C.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton or on the foil edge.

What is in this medicine

Each capsule contains Caffeine 25 mg, Paracetamol 500 mg, Phenylephrine Hydrochloride 6.1 mg, which are the active ingredients.

As well as the active ingredients, the capsules also contain maize starch, croscarmellose sodium, sodium laurilsulfate, magnesium stearate, talc. The capsule shell contains gelatin and colours, which are titanium dioxide (E171), quinoline yellow (E104), patent blue V (E131), erythrosine (E127), indigo carmine (E132).

The pack contains 16 red and blue hard gelatin capsules.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Marketing Authorisation holder Wrafton Laboratories Limited Braunton Devon EX33 2DL

Leaflet prepared January 2011

If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA.