



Max Strength Cold and Flu Capsules

(Caffeine, Paracetamol & Phenylephrine)

This leaflet provides a summary of the information you should know before using this medicine. Please read it carefully and keep it until you have finished your medicine. If you want to know more about your condition or this medicine, your pharmacist can help.

The name of your medicine is Boots Max Strength Cold and Flu Capsules.

What is in this medicine

This pack contains 16 capsules. Each red and yellow capsule contains Caffeine 25 mg, Paracetamol 500 mg and Phenylephrine Hydrochloride 6.1 mg which are the active ingredients.

As well as the active ingredients, these capsules also contain: Maize starch, croscarmellose sodium, sodium laurilsulfate, magnesium stearate, talc. The capsule shell contains: gelatin, titanium dioxide (E171), quinoline yellow (E104), patent blue V (E131), erythrosine (E127).

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the MA Holder Wrafton Laboratories Limited Wrafton Braunton North Devon EX33 2DL.

What this medicine is for

This product contains a painkiller and decongestant, with caffeine to help pain relief.

It can be used for the relief of the symptoms of colds and flu, including aches and pains, sore throat, headache, fatigue and drowsiness, blocked nose and fever.

Before you take this medicine

These capsules can be taken by adults and children from the age of 6 years. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

Do not take if:

- You are allergic to paracetamol or any of the other ingredients in the medicine
- You have severe heart disease or circulatory problems, high blood pressure, an overactive thyroid or a history of stomach ulcers
- You are taking monoamine oxidase inhibitors (for depression) or you have taken them within the last 14 days
- You are pregnant or breastfeeding, unless advised by your doctor

Talk to your pharmacist or doctor if:

- You have kidney or liver problems (including alcoholic liver disease), diabetes or a condition called Raynaud's Phenomenon (which results from poor circulation in the fingers and toes)

Other important information

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

Boots Max Strength Cold and Flu Capsules and other medicines

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:

- Metoclopramide or domperidone (to treat nausea and vomiting)
- Colestyramine (to reduce blood cholesterol levels)
- Medicines to lower blood pressure
- Barbiturates, tricyclic antidepressants, alcohol
- Warfarin or other blood thinners
- Other decongestants

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.

If you are unsure about interactions with any other medicines, talk to your pharmacist.

How to take this medicine

Check that the foil is not broken before use. Discard the capsule if it is.

For oral use only.

Swallow the capsule whole with water. Do not chew.

AGE	DOSAGE
Adults and children over 12 years	Take two capsules
Children 6 to 12 years	Take one capsule

Swallow this dose every 4 hours, as required.

Do not take more than four doses in any 24 hours.

Do not give to children under 6 years.

Do not exceed the stated dose.

If symptoms persist consult 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. Take your medicine with you.

After you take this medicine

Most people can take this medicine without any problems but sometimes you may notice some side effects which may include:

- Allergic reactions (e.g. skin rash)
- Nausea, vomiting, headache
- Fast, slow or irregular heart beat, high blood pressure, tingling or coolness of the skin
- Difficulty in sleeping
- Rarely, changes in the blood which cause unusual bruising or an increase in the number of infections (e.g. sore throats) that you get

If concerned, or if anything else unusual happens, talk to a 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.

Do not use this medicine after the "Use By" date on the carton and keep it in the original pack.

Leaflet prepared April 2006

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

2718369