

Information for the user

Boots Flu-Max All-In-One Chesty Cough & Cold Tablets (Guaifenesin, Paracetamol, Phenylephrine Hydrochloride)

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, guaifenesin which helps to loosen phlegm and phenylephrine, a decongestant to relieve a blocked nose.

It can be used to relieve the symptoms of colds and flu, including aches and pains, headache, blocked nose, sore throat, chills and chesty coughs.

Before you take this medicine

This medicine can be taken by adults and children aged 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 under 12 years old**
- **If you are allergic** to any of the ingredients in this medicine (see "What is in this medicine")
- **If you have severe heart disease**, circulatory problems, high blood pressure
- **If you have an overactive thyroid**
- **If you have diabetes**
- **If you have raised pressure in the eye** (glaucoma)
- **If you have difficulty passing urine**
- **If you are taking monoamine oxidase inhibitors** (for depression), or have taken them within the last 14 days
- **If you are taking other decongestants or stimulant medicines**

! Talk to your pharmacist or doctor:

- If you have severe kidney or liver problems (including liver problems caused by drinking alcohol)
- If you have angina
- If you have Raynaud's Phenomenon (poor circulation in your hands and feet)
- If you are a man with prostate problems
- If you are pregnant or breastfeeding

Other important information

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

If you are going into hospital for an operation tell the doctor that you are 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 tablets, 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 or to help you sleep)
- Tricyclic antidepressants
- Colestyramine (for lowering blood fat levels)
- Domperidone or metoclopramide (for feeling sick or being sick)
- Warfarin or other coumarins (for thinning the blood) – if you take warfarin you can take occasional amounts of this medicine, but talk to your doctor first before you take it on a regular basis
- Medicines for high blood pressure, heart or circulatory problems
- Phenothiazines (for mental health problems)

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor or 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 tablet.

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

Swallow each tablet 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.

Long term use of this product is not recommended.

- ! **If you take too many tablets:** 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 side effects, stop taking the tablets. See a doctor at once:**

- Skin rash
- Stomach upsets
- Tingling or coolness of the skin
- Fast, slow or irregular heart beat
- Difficulty sleeping
- Nervousness, tremors, convulsions
- A rise in body temperature
- High blood pressure with headache, being sick
- 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. After this date return any unused product to your nearest pharmacy for safe disposal.

What is in this medicine

Each tablet contains Guaifenesin 100 mg, Paracetamol 250 mg, Phenylephrine hydrochloride 5 mg, which are the active ingredients.

As well as the active ingredients, the tablets also contain microcrystalline cellulose, stearic acid, povidone, hypromellose, polyethylene glycol.

The pack contains 16 white, capsule-shaped tablets.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Marketing Authorisation holder Perrigo Braunton Devon EX33 2DL UK.

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

Other formats

To 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: Boots Flu-Max All-in-One Chesty Cough and Cold Tablets

Reference number: 12063/0106

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

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