Benylin®

COLD & FLU

MAX STRENGTH CAPSULES

paracetamol, caffeine, phenylephrine hydrochloride

Read all of this leaflet carefully before you take this medicine because it contains important information you need to know.

This medicine is available without prescription, however, you still need to use this product carefully to get the best results from it.

- Keep this leaflet as 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. This includes any possible side-effects not listed in this leaflet.
- You must talk to a doctor if you do not feel better or if you feel worse after 3 days

What is in this leaflet?

1. **What is Benylin Cold & Flu Max Strength Capsules and what is it used for**
2. **What you need to know before you take Benylin Cold & Flu Max Strength Capsules**
3. **How to take Benylin Cold & Flu Max Strength Capsules**
4. **Possible side-effects**
5. **How to store Benylin Cold & Flu Max Strength Capsules**
6. **Contents of the pack and other information**

1 What is Benylin Cold & Flu Max Strength Capsules and what is it used for

Benylin Cold & Flu Max Strength Capsules relieve the symptoms of colds and flu, including headache, fever, nasal congestion, sore throat, fatigue and drowsiness, aches and pains.

The capsules contain paracetamol, an analgesic and antipyretic to relieve pain and fever; caffeine, a stimulant to help combat the tiredness associated with a cold and to help increase the pain relief; and phenylephrine, a decongestant to relieve nasal congestion.

2 What you need to know before you take Benylin Cold & Flu Max Strength Capsules

This medicine is suitable for most people but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

X Do not use this medicine...

- If you are **allergic** to paracetamol, caffeine, phenylephrine or any of the other ingredients listed in section 6.
- If you have ever had a **bad reaction** to any of the ingredients.
- If you have **high blood pressure**, **severe heart disease, circulatory problems**, or an **overactive thyroid gland**.
- If you have a history of **stomach ulcers**.
- If you have an **enlarged prostate**.
- If you are taking, or have taken in the last two weeks, **drugs for depression** known as Monoamine Oxidase Inhibitors (MAOIs).
- If you are **pregnant** or **breast-feeding**, unless advised by your doctor.
- If you are taking tricyclic antidepressants, such as imipramine, amitriptyline.
- In children **under 16 years old**.

⚠ Talk to your doctor or pharmacist...

- If you suffer from **liver** or **kidney problems**.
- If you suffer from **alcoholic liver disease** or **alcohol dependence**.
- If you have **diabetes**.
- If you have a condition called **Raynaud's Phenomenon** (which results from poor circulation in the fingers and toes).
- If you are taking **alcohol** or have alcohol dependence.

During treatment with this medicine, tell your doctor straight away...

- If you have severe illnesses, including severe renal impairment or sepsis (when bacteria and their toxins circulate in the blood leading to organ damage), or you suffer from malnutrition, chronic alcoholism or if you are also taking flucloxacillin (an antibiotic). A serious condition called metabolic acidosis (a blood and fluid abnormality) has been reported in patients in these situations when paracetamol is used at regular doses for a prolonged period or when paracetamol is taken together with flucloxacillin. Symptoms of metabolic acidosis may include: serious breathing difficulties with deep rapid breathing, drowsiness, feeling sick (nausea) and being sick (vomiting).

Other medicines and Benylin Cold & Flu Max Strength Capsules

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines:

- *colestyramine* (used to lower blood **cholesterol**).
- *metoclopramide or domperidone* (used to treat **nausea** and **vomiting**).
- *tricyclic antidepressants* (used to treat **depression**).
- *barbiturates* (a kind of sleeping tablet) such as *phenobarbitone*.
- *sympathomimetic drugs* (used to treat **congestion** and **asthma**).
- medicines to treat migraines such as *ergotamine* or *methysergide*.
- *antihypertensives* (drugs used to treat **high blood pressure** such as beta blockers).
- *anticoagulants* (drugs used to **thin the blood** such as warfarin or coumarins).
- other decongestant drugs such as *ephedrine* or *xylometazoline*
- flucloxacillin (antibiotic), due to a serious risk of blood and fluid abnormality (called metabolic acidosis) that must have urgent treatment (see section 2).

If you are not sure about any of the medicines you are taking, show the pack to your pharmacist.

If any of these bullet points apply, **talk to a doctor or pharmacist**.

If you are pregnant or breast-feeding
Do not take this product if you are pregnant. Ask your doctor or pharmacist for advice before taking any medicine.

Benylin Cold & Flu Max Strength Capsules contain paracetamol.

Do not take anything else containing paracetamol whilst taking this medicine.

Benylin Cold & Flu Max Strength Capsules with food, drink and alcohol
Do not drink alcohol (beer, wine, spirits etc) while taking this product.

Information about some of the ingredients in this medicine
This medicine contains less than 1 mmol sodium (23 mg) per 2 capsules, that is to say essentially 'sodium-free'.

3 How to take Benylin Cold & Flu Max Strength Capsules

Check the table below to see how many capsules to take.

- For oral use only.
- Swallow whole with water. Do not chew.
- Do not take more medicine than the label tells you to. If you do not get better, talk to your doctor.

Children and adolescents
Do not give to children under 16 years.

Adults, the elderly and children aged 16 years and over

Age	Dose
Adults, the elderly and children aged 16 years and over	**Two capsules** every 4 to 6 hours as required.

- Leave at least 4 to 6 hours between doses.
- Do not take more than eight capsules (4 doses) in any 24 hours period.
- If symptoms persist, talk to your doctor or pharmacist.
- Do not take for more than 3 days unless advised by your doctor.

Taking this medicine with food and drink:
You should avoid too much caffeine in drinks like coffee and tea. If you are also consuming other medicines or food that contains caffeine (coffee, tea, cola drinks, chocolate) you may have a high caffeine intake and might have difficulty sleeping, start shaking and/or have an uncomfortable feeling in the chest.

If anyone has 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. Go to your nearest hospital casualty department. Take your medicine and this leaflet with you.

If you forget to take the medicine
If you forget to take a dose, take the next dose when needed provided that the last dose was taken at least 4 hours ago.
Do not take a double dose.

4 Possible side-effects

Benylin Cold & Flu Max Strength Capsules can have side-effects, like all medicines, although these don't affect everyone and are usually mild and temporary.

If you experience any of the following, stop using the medicine and tell your doctor or pharmacist:

Frequency not known (frequency cannot be estimated from the available data):
- bronchospasm
- restlessness, anxiety, nervousness, irritability, agitation
- a serious condition that can make blood more acidic (called metabolic acidosis), in patients with severe illness using paracetamol (see section 2)

Rare side-effects are:
- allergic reactions such as skin rash
- nausea (feeling sick) or vomiting (being sick) or diarrhoea
- headache, tremor, dizziness
- difficulty sleeping (insomnia)
- fast, slow or irregular heart beat (palpitations)
- high blood pressure
- glaucoma
- problems or pain passing urine
- sudden weight loss, loss of appetite and yellowing of the eyes and skin

More rarely, the following side-effects can happen:
- you may become more prone to bleeding, bruising, fever and infections, such as sore throat and ulcers, due to changes in your blood.

Very rare cases of serious skin reactions have been reported.

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 Benylin Cold & Flu Max Strength Capsules

Do not store this product above 25°C. Keep this medicine out of the sight and reach of children.
Do not use your medicine after the date shown as an expiry date on the packaging.

6 Contents of the pack and other information

What's in this medicine?
The active ingredients in Benylin Cold & Flu Max Strength Capsules are:
Paracetamol 500 mg, caffeine 25 mg, and phenylephrine hydrochloride 6.1 mg.
Other ingredients are: Maize starch, croscarmellose sodium, sodium laurilsulfate, magnesium stearate, talc, gelatin, quinoline yellow (E104), titanium dioxide (E171), Patent Blue V (E131) and erythrosine (E127).

What the medicine looks like
Benylin Cold & Flu Max Strength Capsules are red/yellow capsules available in a 12 and 16 capsule pack.

Marketing Authorisation holder and Manufacturer:
Wrafton Laboratories Limited, Wrafton, Braunton, Devon, EX33 2DL, UK.

This leaflet was last revised in October 2025.
Benylin is a registered trade mark.

McNeil Products Ltd.

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