

Information for the user



Catarrh Pastilles

Eucalyptus Oil, Menthol, Dwarf Pine Oil

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
- You must contact a pharmacist or doctor if your symptoms worsen or do not improve

What this medicine is for

This medicine contains Eucalyptus, Menthol and Dwarf Pine Oil, which relieve chesty coughs and have antiseptic properties. It can be used to relieve the symptoms of congestion caused by catarrh, coughs and colds.

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 (see “What is in this medicine”)
- **If you are under 12 years of age**
- **If you have an intolerance to some sugars**, unless your doctor tells you to (this medicine contains glucose and sucrose)

! Talk to your pharmacist or doctor:

- If you are pregnant or breastfeeding

Other important information

Information about some of the ingredients in this medicine: Each pastille contains a total of 0.5 g of sucrose and glucose. This should be taken into account if you have diabetes mellitus. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product.

The colour E122 in this medicine may cause allergic reactions.

If you take other medicines

This medicine is not expected to affect any other medicines that you might be taking or using at the same time.

If you are unsure about interactions with any 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 first use. If it is, do not take that pastille.

Age	How many to take	How often to take
Adults and children of 12 years and over	One pastille	When you need to. Don't take more than 20 pastilles in 24 hours.

Suck each pastille slowly until it dissolves.

Do not give to children under 12 years.

Do not take more than the amount recommended in the table.

If symptoms do not go away, talk to your doctor.

! If you take too many pastilles: Talk to a pharmacist or doctor straight away.

Possible side effects

Most people will not have problems, but some may get some. If you have any unwanted side effects you should seek advice from your doctor, pharmacist or other healthcare professional.

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

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

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

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.

How to store this medicine

Do not store above 25°C. Store in the original package.

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 pastille contains Eucalyptus Oil 0.022% v/w, Menthol 0.813% w/w, Dwarf Pine Oil 0.604% v/w, which are the active ingredients.

As well as the active ingredients, the pastille also contains sucrose, liquid glucose, modified starch (tapioca, maize), thymol, marshmallow root liquid extract, carmoisine (E122), vegetable oil, carnauba wax, water.

The pack contains 20 red, round pastilles.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Marketing Authorisation holder Ernest Jackson & Co Ltd Crediton Devon EX17 3AP

Leaflet prepared August 2023

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 Catarrh Pastilles

Reference number: 00094/0009

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

Artwork Ref: LE53/4