



**HERBAL
CHESTY COUGHS
SUGAR FREE SYRUP**
Ivy Leaf Dry Extract

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Always take this medicine exactly as described in this leaflet or as your doctor, qualified healthcare practitioner or pharmacist has told you.

- Keep this leaflet. 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, qualified healthcare practitioner or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor or qualified healthcare practitioner if you feel worse, or if you do not feel better after one week.

What is in this leaflet

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1 What Benylin Herbal Chesty Coughs Sugar Free Syrup is and what it is used for

Benylin Herbal Chesty Coughs Sugar Free Syrup is a traditional herbal medicinal product used to relieve chesty coughs associated with the common cold, based on traditional use only.

2 What you need to know before you take Benylin Herbal Chesty Coughs Sugar Free Syrup

⊠ Do NOT use Benylin Herbal Chesty Coughs Sugar Free Syrup

- if you are allergic to Ivy leaf or to any of the other ingredients in this medicine (listed in section 6)
- if you are pregnant or breast feeding
- if you are under 12 years of age

⚠ Warnings and precautions

Talk to your doctor or pharmacist before taking Benylin Herbal Chesty Coughs Sugar Free Syrup

- if you suffer from gastritis (inflammation of stomach lining) or stomach ulcer
- if you are taking other medicines to help stop you coughing such as codeine or dextromethorphan.

If you feel worse, or do not feel better after one week, consult your doctor or qualified healthcare practitioner.

⚠ Consult your doctor if any of the following symptoms occur:

- Shortness of breath
- High temperature (fever)
- Your phlegm is yellow or brown in colour

⚠ Other medicines and Benylin Herbal Chesty Coughs Sugar Free Syrup

Tell your doctor, qualified healthcare practitioner or pharmacist if you are taking, have recently taken or might take any other medicines, including any medicines obtained without a prescription.



⚠ Driving and using machines

No studies on the effect on the ability to drive and use machines have been performed.

⚠ Important information about the ingredients in your medicine

Benylin Herbal Chesty Coughs Sugar Free Syrup contains sorbitol (E 420).

This medicine contains 2832 mg sorbitol in each 4 ml dose. Sorbitol is a source of fructose. If your doctor has told you that you (or your child) have an intolerance to some sugars or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before you (or your child) take or receive this medicine.

Sorbitol may cause gastrointestinal discomfort and mild laxative effect.

3 How to take Benylin Herbal Chesty Coughs Sugar Free Syrup

For oral use only.

Always take this medicine exactly as described in this leaflet or as your doctor, qualified healthcare practitioner or pharmacist has told you. Check with your doctor, qualified healthcare practitioner or pharmacist if you are not sure.

Shake the bottle before use.



Always use the enclosed measuring spoon provided which is graduated with a scale of 2 ml and 4 ml.

The recommended dose is:

i Adults, the elderly and children aged 12 years and over

Age	Dose
Adults, the elderly and children aged 12 years and over	Using the measuring spoon provided, take 4 ml of syrup two to three times daily.

■ Do not take more than the leaflet tells you to.
■ After each use, rinse the measuring spoon with water and dry it

i Not for use in children under 12 years of age

You must talk to a doctor or qualified healthcare practitioner if you feel worse, or do not feel better after one week.

⚠ If you take more Benylin Herbal Chesty Coughs Sugar Free Syrup than you should

If you take more Benylin Herbal Chesty Coughs Sugar Free Syrup than the recommended dose, talk to your doctor, qualified healthcare practitioner or pharmacist, or contact your nearest hospital casualty department.

⚠ If you forget to take Benylin Herbal Chesty Coughs Sugar Free Syrup

Do not take a double dose to make up for a forgotten dose, but continue to take your next dose at the usual time.

If you have any further questions on the use of this medicine, ask your doctor, qualified healthcare practitioner or pharmacist.

4 Possible side-effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

The following side effects have been reported:

- Allergic reactions, such as skin rash, red itchy skin and shortness of breath.
- Stomach disorders such as feeling sick, being sick and diarrhea.

The frequency of the effects occurring is not known.

Reporting of side-effects

If you get any side effects, talk to your doctor, pharmacist or qualified healthcare practitioner. 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 Herbal Chesty Coughs Sugar Free Syrup

Keep the product out of the sight and reach of children. This medicine does not require any special storage conditions before the bottle is first opened.

After first opening the bottle, do not store above 25°C. Do not use this medicine after the expiry date which is stated on the carton and the bottle after EXP. The expiry date refers to the last day of that month.

Any unused medicine must be discarded after 3 months of first opening the bottle. Ask your pharmacist how to throw away medicines you no longer use.

6 Contents of the pack and other information

What Benylin Herbal Chesty Coughs Sugar Free Syrup contains:

4 ml of syrup contains 33 mg of extract (as dry extract) of Ivy leaf (*Hedera helix* L.) (DER 4-8:1), Extraction solvent: Ethanol 30% m/m

The other ingredients are:

Sorbitol liquid (non-crystallising) (E 420), xanthan gum, potassium sorbate, citric acid (anhydrous), purified water.

What Benylin Herbal Chesty Coughs Sugar Free Syrup looks like and contents of the pack

Benylin Herbal Chesty Coughs Sugar Free Syrup is a brown, opalescent liquid with a sweet taste. The bottles are closed with white plastic screw caps. Each bottle contains 100 ml of syrup. The package also includes a measuring spoon graduated with a scale of 2 ml and 4 ml to allow precise measuring of the recommended dose.

Traditional Herbal Registration Holder

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Manufacturer

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For alternative formats of the leaflet, please email crc@its.jnj.com or call 0808 238 9999

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