



HALÉON

ALL IN ONE TABLETS

Paracetamol, Phenylephrine, Guaifenesin

Please read right through this leaflet before you start using this medicine.

This medicine is available without prescription, but you still need to use Beechams All in One Tablets carefully to get the best results from them.

- Keep this leaflet for you may need to read it again.
- If you have any questions, or if there is anything you do not understand, ask your pharmacist.

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1. What Beechams All in One Tablets do

Beechams All in One Tablets are used for the short term relief of the symptoms of colds, chills and flu with chesty coughs. These symptoms include headache, shivers, aches and pains, blocked nose and painful sinuses, catarrh, sore throat and a chesty, productive cough.

This medicine contains three active ingredients. Paracetamol is a painkiller and reduces your temperature when you have a fever. Guaifenesin is an expectorant which loosens phlegm and relieves a chesty cough. Phenylephrine hydrochloride is a decongestant which unblocks your nose and sinuses helping you breathe more easily.

2. Check before you take Beechams All in One Tablets



Do not take Beechams All in One Tablets:

- if you have ever had an allergic reaction to paracetamol, guaifenesin, phenylephrine hydrochloride or to any of the other ingredients (listed in Section 6)
- if you have kidney or liver problems (including alcoholic liver disease), overactive thyroid, diabetes, high blood pressure or heart disease
- if you have phaeochromocytoma or glaucoma
- if you are taking tricyclic antidepressants (e.g. imipramine or amitriptyline) or if you are taking or have taken in the last two weeks monoamine oxidase inhibitors (MAOIs) (e.g. moclobemide) prescribed for depression
- if you are taking beta blockers (e.g. atenolol).
- if you have an enlarged prostate

Contains paracetamol.

Taking too much paracetamol can cause serious harm to your liver.

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

Do not take with any other flu, cold, decongestant products or cough suppressants.



Take special care with Beechams All in One Tablets

This product may cause dizziness. If affected do not drive or operate machinery.



Ask your doctor before you take this medicine:

- if you have a blood vessel disease such as Raynaud's Phenomenon
- if you have asthma or chronic cough
- if you have heart or circulation disease.
- if you have liver or kidney problems
- if you have a severe infection as this may increase the risk of metabolic acidosis.
- Signs of metabolic acidosis include:
 - deep, rapid, difficult breathing
 - feeling sick (nausea), being sick (vomiting)
 - loss of appetite

Contact a doctor immediately if you get a combination of these symptoms.

This medicine contains lactose (a sugar). Ask your doctor before taking this product if you have an intolerance to some sugars.

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If you are taking other medicines

Talk to your doctor or pharmacist before taking Beechams All in One Tablets if you are taking any prescribed medicines; particularly **metoclopramide** or **domperidone** (for **nausea** [feeling sick] or **vomiting** [being sick]) or **ergotamine** or **methylsergide** (for **migraine**) or **colestyramine** (to **lower blood cholesterol**) or drugs to **lower blood pressure**; appetite suppressants or stimulants; drugs to treat **depression** such as tricyclic antidepressants (e.g. amitriptyline) or **heart disease** (e.g. digoxin) or if you take **blood thinning drugs** (anticoagulants e.g. warfarin).



Pregnancy and breast feeding

Talk to your doctor before taking this product if you are **pregnant** or **breast feeding**.

3. How to take Beechams All in One Tablets



For oral use. **Adults and children 12 years and over:**
Swallow 2 tablets every 4 hours as needed.



- Do not take more frequently than every 4 hours.
- Do not take more than 8 tablets in 24 hours.
- Always use the lowest effective dose to relieve your symptoms.
- Do not take more than the recommended dose.
- Do not take for more than 5 days without asking your doctor.
- Do not give to children under 12 years.

If you take too many tablets

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.

If your symptoms persist, see your doctor.

4. Possible side effects

Like all medicines, Beechams All in One Tablets can have side effects, but not everybody gets them. A small number of people have had side effects. **Very rare cases of serious skin reactions have been reported.**

Stop taking this medicine and tell your doctor immediately if you experience:

- **Allergic reactions** which may be severe such as skin rash and itching sometimes with swelling of the mouth or face or shortness of breath.
- **Skin rash or peeling, or mouth ulcers.**
- **Breathing problems.** These are more likely if you have experienced them before when taking other painkillers such as ibuprofen or aspirin.

- Unexplained **bruising** or **bleeding**.
- Reoccurring **fevers** or **infections**.
- **Nausea**, sudden **weight loss**, **loss of appetite** and **yellowing of the eyes and skin**.
- **Visual disturbances.** This is rare but is more likely in those with glaucoma.
- Unusually **fast pulse rate** or a sensation of an unusually **fast** or **irregular heartbeat**.
- **Difficulty passing water.** This is more likely to occur in men with an enlarged prostate gland.

The following side effects may also occur. **Tell your doctor** if you get them.

- Raised blood pressure, headache, dizziness, difficulty sleeping, nervousness, anxiety, diarrhoea or sickness.

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 Beechams All in One Tablets

Keep out of the sight and reach of children.

Do not use this medicine after the 'EXP' date shown on the pack.

Do not store above 25°C.

6. Further information

Active ingredient Each tablet contains Paracetamol 250 mg, Guaifenesin 100 mg and Phenylephrine Hydrochloride 5 mg.

Other ingredients Lactose, microcrystalline cellulose, maize starch, stearic acid, colloidal anhydrous silica, purified talc, povidone, potassium sorbate (E 202), hypromellose, titanium dioxide (E 171), and polyethylene glycol.

Packs of Beechams All in One Tablets contain 8, 12, 16 or 24 tablets.

Not all pack sizes may be marketed.

The marketing authorisation holder is Haleon UK Trading Limited, The Heights, Weybridge, KT13 ONY, U.K. and all enquiries should be sent to this address.

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