



HALÉON

POWDERS Aspirin, Caffeine

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

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

In this leaflet:

1. What Beechams Powders do
2. Check before you take Beechams Powders
3. How to take Beechams Powders
4. Possible side effects
5. How to store Beechams Powders
6. Further information

1. What Beechams Powders do

Beechams Powders provide relief from cold and flu symptoms, including sore throat pain, headache, feverishness and aches and pains.

It also provides relief of mild to moderate pain including migraine, neuralgia, toothache, sore throat, period pain and rheumatic pain.

2. Check before you take Beechams Powders

Do not take:

- if you are allergic to **aspirin** or salicylates, **caffeine**, any other medicines known as **NSAIDs** or to any other ingredient (listed in Section 6).
- if you have had an allergic reaction after taking **ibuprofen** or **aspirin**.
- if you are allergic to **peanut** or **soya**. Beechams Powders contain soya protein.
- if you have had **asthma** or **shortness of breath** in response to **aspirin** before.
- if you suffer from high blood pressure or heart disease.
- if you have ever had a **stomach ulcer**, **perforation** or **bleeding of the stomach**.

- if you have **blood clotting disorders** (e.g. haemophilia) or have ever had **gout**.
 - if you have **liver** or **kidney disease**.
- Do not give to children under 16 years of age unless your doctor tells you to.**

Take special care with Beechams Powders

- When given to children aspirin may cause Reye's syndrome. Reye's syndrome is a very rare disease, which can be fatal. For this reason acetylsalicylic acid should not be given to children under 16 years of age who have chicken pox or cold/flu symptoms before a doctor is consulted.
- Aspirin may cause bleeding. You must tell your doctor if you experience any unusual bleeding.
- Drinking alcohol at the same time as taking aspirin increases the risk of bleeding.
- Avoid excessive intake of caffeine (e.g. coffee, tea and some canned drinks) while taking this product.
- If you think you are dehydrated (you may feel thirsty with a dry mouth).
- This medicine contains less than 1 mmol sodium (23 mg) per sachet, that is to say essentially 'sodium-free'.

Ask your doctor before you take this medicine:

- if you suffer from **high blood pressure**, **kidney** or **liver problems**.
- if you are taking any prescribed medicines; particularly **methotrexate** for cancer or rheumatoid arthritis (do not use if you take 15 mg or more per week; if you take less than 15 mg per week, regular blood tests are highly recommended); **blood thinning drugs (anticoagulants)** or **thrombolytic agents** (e.g., streptokinase) or **blood pressure lowering treatments (ACE inhibitors)**; **oral hypoglycaemics** (to lower blood glucose) or medicines for treating **gout** like **probenecid** or **sulfinpyrazone** or **blood pressure lowering treatments (ACE inhibitors)**; **ibuprofen** or other painkillers known as **NSAIDs** (e.g. **diclofenac**); **SSRI antidepressants** (such as **fluoxetine**) or other antidepressants (such as **lithium**); treatments for **epilepsy** (such as **phenytoin** or **valproate**); **beta-blockers** (e.g. **atenolol**);

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acetazolamide; if you are taking any water tablets (diuretics) or steroid hormones (corticosteroids); antacids; or have an intolerance to some sugars.

- If you suffer from asthma, allergic disease or nasal polyps.

This medicine contains lactose (a sugar).

Ask your doctor before taking this product if you have an intolerance to some sugars.

If you are pregnant or breast feeding

Do not take Beechams Powders if you are pregnant or breast feeding, except on medical advice.

3. How to take Beechams Powders

Oral administration only. Mix the powder with a little water and stir before drinking.

Adults (including the elderly) and children aged 16 years and over.



For migraine indication only:

Not recommended for children and adolescents under 18 years of age.

One powder every 4-6 hours as needed.



Do not take more than 6 powders in 24 hours.

Do not use for more than 10 days for pain relief (or more than 3 days for fever). Always use the lowest effective dose to relieve your symptoms for the shortest period of time.

If symptoms persist see your doctor.

If you take more than the recommended dose seek medical advice immediately.

4. Possible side effects

Like all medicines, Beechams Powders can cause side effects, although not everybody gets them.

If you experience any of these effects then STOP taking this medicine immediately and contact your doctor or pharmacist:

- Stomach ulceration or perforation: Symptoms could include severe abdominal pain, nausea, vomiting and indigestion. People with sensitive stomachs may suffer stomach irritation and may experience bleeding (you may pass blood in your stools, or vomit blood or dark particles that look like coffee grounds).
- Severe allergic reactions: Symptoms could include difficulty breathing,

skin rash or swollen facial features, or tightening of the chest or asthma attacks in those sensitive to aspirin.

- Occasionally the blood does not clot well, which may result in bruising or bleeding, or yellowing of the skin and eyes may occur. Other side effects may include lethargy, weakness, shortness of breath, and generalised swelling or water retention, ringing in your ears or temporary hearing loss.
- High caffeine intake can result in difficulty sleeping, shaking, dizziness, nervousness and an uncomfortable feeling in the chest caused by palpitations.

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 Powders

Keep out of the sight and reach of children.

Do not use this medicine after the 'EXP' date shown on the pack. Store below 25°C in a dry place.

6. Further information

Active ingredients Each powder contains: Aspirin 600 mg and Caffeine 50 mg.

Other ingredients Lactose monohydrate, maize starch, colloidal anhydrous silica, sodium lauryl sulphate, saccharin sodium, sodium cyclamate and spice flavour.

Packs of Beechams Powders contain either 10 or 20 powders.

The marketing authorisation holder is: Haleon UK Trading Limited, The Heights, Weybridge, KT13 0NY, U.K. and all enquiries should be sent to this address.

The manufacturer is: Haleon Alcala, S.A., Ctra. de Ajalvir, km. 2,500 - 28806 Alcalá de Henares, Madrid - Spain.

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