

## ***1st panel***

**abdine**

**Hot lemon**

Cold Relief

Powers

Paracetamol 650mg (Lozenge)

### **Side effects**

Side effects are rare. Very rare cases of serious skin reactions have been reported. Blood disorders causing shortness of breath, unusual bruising or bleeding, frequent sore throats, fever or mouth ulcers.

### **Reporting of the 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](http://www.mhra.gov.uk/yellowcard).

By reporting side effects you can help promote more information on safety of this medicine.

### **Ingredients**

Active ingredient: Each sachet contains: Paracetamol 650mg, Also contains: Ascorbic acid E300, Sucrose, Sodium citrate E331, Citric acid E330, Tartaric acid E334, Sodium cyclamate E952, Spray dried lemon juice, Lemon aroma, Starch E1442, Turmeric extract powder E100.

## ***2nd Panel***

**abdine**

**Hot lemon**

Cold Relief

Powders

Paracetamol 650mg (Lozenge)

Effective cold and flu relief

### **Sachets**

Powder for oral solution

***Front bottom panel***

**Storage**

**Keep out of sight and reach of children.**

**Do not store above 25°C**

**Manufacturer and product licence holder:**

**Bell, Sons & Co (Druggists) Ltd.**

**Southport, PR9 9AL**

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***3<sup>rd</sup> panel***

**abdine**

**Hot lemon**

Cold Relief

Powders

Paracetamol 650mg (Lozenge)

***4<sup>th</sup> panel***

Abdine Hot Lemon Cold Relief Powders give effective relief from the symptoms of cold and flu.

**Warning**

Contains Paracetamol.

Do not take anything else containing Paracetamol while taking this medicine. Talk to a doctor at once if you take too much of this medicine. 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.

**Do not use:** If you are allergic to paracetamol or any of the other ingredients.

**Take care:** Check with a doctor or pharmacist before using the product if you suffer from kidney or liver disease (including alcoholic liver disease).

Patients should be advised to consult a doctor if they suffer from non-serious arthritis and need to take painkillers every day.

**Using other medicines:**

Colestyramine (lowers cholesterol) may reduce absorption of paracetamol. Metoclopramide and domperidone (used to relieve sickness) may increase the absorption of paracetamol. Chloramphenicol (antibiotic) may increase plasma concentration of chloramphenicol.

Prolonged regular daily use of paracetamol may increase the effects of blood thinning drugs (e.g. Warfarin), with increased risks of bleeding. Occasional doses have no significant effect. Each sachet contains 2.7g of sucrose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medical product. This should be taken into account in patients with diabetes mellitus. Each sachet contains 140mg of sodium. This should be taken into consideration by patients on a controlled sodium diet.

**Pregnancy and breast-feeding :** If necessary, Abdine Cold Relief Powders can be used during pregnancy. You should use the lowest possible dose that reduces your pain and/or your fever and use it for the shortest time possible. Contact your doctor or midwife if the pain and/or fever are not reduced or if you need to take the medicine more often.

**Dosage**

Powder for oral solution.

**Adults, the elderly and children over 12 years:** Empty the contents of one sachet into a tumbler and fill with hot water. Stir until dissolved. The above dose may be taken every 4 hours up to a maximum of 4 sachets in any 24 hour period. If symptoms persist, consult your doctor.

**Do not give to children under 12 years. Do not take more medicine than the label tells you to. If you do not get better, talk to your doctor.**