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HERBAL
COUGH & COLD
SUGAR FREE SYRUP
Pelargonium root 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 Cough & Cold Sugar Free Syrup is and what it is used for

Benylin Herbal Cough & Cold Sugar Free Syrup is a traditional herbal medicinal product used to relieve symptoms associated with the common cold such as coughs, sore throat and blocked or runny nose. Based on traditional use only.

2 What you need to know before you take Benylin Herbal Cough & Cold Sugar Free Syrup

⊠ Do not use Benylin Herbal Cough & Cold Sugar Free Syrup

- if you are allergic to Pelargonium root 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 6 years of age.
- if you have liver or kidney problems.

⚠ Warnings and precautions

Talk to your doctor or qualified healthcare practitioner immediately:

- if fever, shortness of breath or blood in your phlegm occurs.
- If signs of hepatotoxicity or other liver problems occur (such as hepatitis, fatigue, anorexia, yellowing of the skin and eyes or severe stomach pain, nausea and vomiting or dark urine). The use of the medicinal product should be stopped immediately.

Talk to your doctor, qualified healthcare practitioner or pharmacist if you feel worse, or do not feel better after one week.

⚠ Children and adolescents

This medicine is not for use in children under 6 years of age.

⚠ Other medicines and Benylin Herbal Cough & Cold 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

Some people have felt dizzy when taking this medicine. If you feel dizzy, do not drive or use machines.

⚠ Important information about the ingredients in your medicine

Benylin Herbal Cough & Cold Sugar Free Syrup contains 625.1 mg of sorbitol (E 420) and 893 mg of maltitol (E 965) per 2.5 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.

3 How to take Benylin Herbal Cough & Cold 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.

Start taking at the first signs of a common cold.

Shake the bottle before use.

Always use the enclosed measuring spoon provided which is graduated with 2.5 ml and 5 ml.

After each use, wash the spoon and dry it.

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The recommended dose is:

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

Using the measuring spoon provided, take 2.5 ml of syrup three times daily.

i Children between 6 and 12 years of age:

Using the measuring spoon provided, take 2.5 ml of syrup two times daily.

Do not take more than the leaflet tells you to.

i Not for use in children under 6 years of age.

Not to be used for more than 10 days. You must talk to a doctor or qualified healthcare practitioner if you feel worse, or do not feel better after one week.

A If you take more Benylin Herbal Cough & Cold Sugar Free Syrup than you should

If you take more Benylin Herbal Cough & Cold Sugar Free Syrup than the recommended dose, talk to your doctor, qualified healthcare practitioner, pharmacist or contact your nearest hospital casualty department. Take this leaflet with you.

A If you forget to take Benylin Herbal Cough & Cold 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.

In very rare cases serious hypersensitivity reactions with

swelling of the face, difficulty breathing and decrease in blood pressure have been reported. **If these effects occur, stop taking this medicine and seek medical advice immediately.**

This medicine may cause hepatitis or other liver problems. If you become unwell (yellowing eyes/skin, nausea, vomiting, dark urine, abdominal pain or unusual tiredness), **stop taking this medicine immediately and seek medical advice immediately.**

The following side effects have been very rarely reported:

Very rare side effects

- diarrhoea
- stomach pain or discomfort
- nausea or vomiting
- swallowing difficulties
- bleeding from nose and/or gums
- allergic reactions such as dermatitis, rash and itching

The following other side effects have been reported. The frequency of them occurring is not known

- dizziness
- flushed skin

If other adverse reactions not mentioned above occur, a doctor or a qualified health care practitioner should be consulted.

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 Cough & Cold Sugar Free Syrup

Keep this medicine out of the sight and reach of children.

Store in the original container. This medicine does not require any special temperature storage conditions.

Any unused medicine must be discarded after 3 months of first opening the bottle.

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.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6 Contents of the pack and other information

What Benylin Herbal Cough & Cold Sugar Free Syrup contains

2.5 ml of syrup contains 20 mg of dry extract from Pelargonium root (*Pelargonium sidoides* DC and/or *Pelargonium reniforme* Curt., radix); (DER 4-25:1), extraction solvent: ethanol 11% (m/m).

The other ingredients are:

Maltodextrin (from extract), sorbitol (E 420) and maltitol (E 965), potassium sorbate, citric acid anhydrous, purified water.

What Benylin Herbal Cough & Cold Sugar Free Syrup looks like and contents of the pack

Benylin Herbal Cough & Cold Sugar Free Syrup is a dark red liquid filled in 100 ml brown glass bottles. The bottle is closed with white polyethylene (PE) screw cap. The package also includes a measuring spoon which is graduated with 2.5 ml and 5 ml.

Traditional Herbal Registration Holder

McNeil Products Limited, High Wycombe, Buckinghamshire, HP12 4EG, UK.

Manufacturer

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This leaflet was last prepared in February 2024.

If you are partially sighted or blind and require an alternative format of the leaflet, please email cro@its.jnj.com or call 0808 238 9999.



**Certification
Mark**

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