



HALÉON

ALL IN ONE Paracetamol, Phenylephrine, Guaifenesin

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 All in One does
2. Check before you take Beechams All in One
3. How to take Beechams All in One
4. Possible side effects
5. How to store Beechams All in One
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1. What Beechams All in One does

Beechams All in One is 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

Do not take Beechams All in One:

- 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 **beta blockers** (e.g. atenolol), **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 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

- Do not drink alcohol while using Beechams All in One.
- Beechams All in One contains 19% v/v ethanol (alcohol) i.e. up to 3 g per dose, equivalent to 76 ml beer, 32 ml wine per dose. This could be harmful if you suffer from **alcoholism**. This should also be considered in **pregnant** or **breast feeding** women, **children** and patients with **liver disease** or **epilepsy**.



- This product may cause dizziness. If affected do not drive or operate machinery.
- Contains sunset yellow (E110) which may cause allergic-type reactions.
- The amount of alcohol in Beechams All in One may alter the effects of other medicines.
- The amount of alcohol in Beechams All in One may impair your ability to drive or use machines.
- This medicine contains 2 g propylene glycol in each 20ml dose.
- Beechams All in One contains 4.7 g sorbitol. Sorbitol is a source of fructose. If your doctor has told you that you 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 take this medicine.

Ask your doctor before you take this medicine:

- if you have been told by your doctor you have an **intolerance to some sugars**
- 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 are on a **controlled-sodium diet**. Each 20 ml dose contains **42 mg of sodium**.
- 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.

If you are taking other medicines


Talk to your doctor or pharmacist before taking this medicine 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.

 Beechams All in One contains colour sunset yellow FCF (E 110) which may cause allergic reactions.

3. How to take Beechams All in One

-  For oral use. Adults and children aged 16 years and over:
Fill the measuring cup to the 20 ml mark. Take one 20 ml dose every 4 hours as needed.

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 - Do not take more frequently than every 4 hours.
 - Do not take more than 4 doses every 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 16 years.





If you take too much

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 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

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.

6. Further information

Active ingredients Each 20 ml dose contains Paracetamol 500 mg, Guaifenesin 200 mg and Phenylephrine Hydrochloride 10 mg.

Other ingredients Sorbitol (non-crystallising, E 420), glycerol, ethanol (96%), propylene glycol, sodium cyclamate, acesulfame potassium, sodium citrate, xanthan gum, citric acid monohydrate, coughsweet flavour, sunset yellow FCF (E 110), patent blue V (E 131), water.

This bottle contains 160 ml. Leaflet last revised February 2023.

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

Omega Pharma Manufacturing GmbH & Co Benzstrasse 25, D-71083, Herrenberg, Germany
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