



## Chesty Coughs

**Non-Drowsy**

guaifenesin, levomenthol

- This medicine is used to help relieve chesty coughs.
- This medicine is for use by adults and children aged 12 years and over.
- **Do not use this medicine:**
  - There are some people who should not use this medicine. *To find out if you are one of them see section 2 ►*
  - If you have ever had a **bad reaction** to any of the ingredients. *For the list of ingredients see section 6 ►*
- **Speak to your doctor:**
  - If you suffer from any of the conditions mentioned in section 2. *See section 2 ►*
  - If you are taking any other medicines. *See section 2 ►*
- **Follow the dosage instructions carefully.** These are shown in the table. *See section 3 ►*

Now read this whole leaflet carefully before you use this medicine. Keep the leaflet: you might need it again.

### I What the medicine is for

Benylin Chesty Coughs Non-Drowsy is a medicine which is used to help relieve chesty coughs. It contains Guaifenesin (an expectorant) to help loosen mucus (phlegm) from the lungs and make it easier to cough up, and Levomenthol to help you breathe more easily by easing congestion.

The medicine is for use in adults and children aged 12 years and over.



## 2 Before taking this medicine

This medicine is suitable for most people but a few people should not use it. If you are in any doubt, talk to your doctor or pharmacist.

### X Do not use this medicine...

- If you have ever had a **bad reaction** to any of the ingredients.
- For a child under 12 years of age.

If any of these apply to you, **get advice from a doctor or pharmacist without using Benylin Chesty Coughs Non-Drowsy.**

### ! Talk to your doctor or pharmacist...

- If you suffer from **liver** or **kidney problems**.
- If you have been told by your doctor that you have an intolerance to some sugars.
- If you have had a **cough** for a few weeks that may be caused by **asthma**, or a cough which brings up a lot of mucus (phlegm).
- If you are taking **alcohol**.

If you are not sure about any of the medicines you are taking, show the bottle or pack to your pharmacist.

If any of these bullet points apply to you now or in the past, **talk to a doctor or pharmacist.**

### ! If you are pregnant or breast-feeding

- Ask your doctor or pharmacist for advice before taking this medicine if you are pregnant or breast-feeding.

### ! Some of the ingredients can cause problems

- This medicine contains sucrose and liquid glucose. If you have been told by your doctor that you have an intolerance to some sugars contact your doctor before taking this medicinal product. This contains 3.49 g glucose per 5 ml. Contains 1 g of sucrose per 5 ml. This should be taken into account in patients with diabetes mellitus.

- This medicinal product contains 5 vol % ethanol (alcohol), i.e. up to 200 mg per 5 ml, equivalent to 5 ml beer, 2 ml wine per 5 ml. This can be harmful for those suffering from alcoholism. The ethanol content should be taken into account in pregnant or breast-feeding women, children and high-risk groups such as patients with liver disease or epilepsy.
- Ponceau 4R (E124) may cause allergic reactions.
- This medicinal product contains 16.42 mg sodium per 5 ml. To be taken into consideration by patients on a controlled sodium diet.

## 3 How to take this medicine

**Check the table below to see how much medicine to take.**

- For oral use only.
- Do not use more than the stated dose shown.

### i Children under 12 years

This medicine is not recommended for children under 12 years old.

### i Adults and children aged 12 years and over

Age	Dose
<b>Adults and children aged 12 years and over</b>	Take <b>two 5 ml spoonfuls</b> four times a day.
■ Do not give more than 4 doses in 24 hours.	
■ If symptoms persist, talk to your doctor or pharmacist.	

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### **⚠ If anyone has too much**

If anyone has too much contact a doctor or your nearest Accident and Emergency Department (Casualty) taking this leaflet and pack with you.

### **⚠ If you forget to take the medicine**

You should only take this medicine as required following the dosage instructions above carefully. If you forget to take a dose, take the next dose when needed. **Do not** take a double dose.

## **4 Possible side-effects**

Benylin Chesty Coughs Non-Drowsy can have side-effects, like all medicines, although these don't affect everyone and are usually mild.

If you experience any side-effects or are not sure about anything, **talk to your doctor or pharmacist.**

## **5 Storing this medicine**

Do not store this product above 30°C.

Keep the product out of the reach and sight of children.

Do not use your medicine after the date shown as an expiry date on the packaging.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

## **6 Further information**

### **What's in this medicine?**

**The active ingredients in 5 ml of Benylin Chesty Coughs Non-Drowsy are:** 100 mg Guaifenesin and 1.1 mg Levomenthol.

**Other ingredients are:** Sucrose, liquid glucose, ethanol, glycerol, sodium citrate, saccharin sodium, citric acid monohydrate, sodium benzoate (E211), Ponceau 4R (E124), caramel (E150), carbomer, raspberry essence, natural sweetness enhancer and water.

### **What the medicine looks like**

Benylin Chesty Coughs Non-Drowsy is a clear red syrup, available in 125 ml, 150 ml and 300 ml glass bottles.

**Product Licence holder:** McNeil Products Ltd, Maidenhead, Berkshire, SL6 3UG, UK.

**Manufacturer:** Famar Orléans, 5 avenue de Concyr, 45071 Orleans, Cedex 2, France.

**This leaflet was revised January 2010.**

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