

**Important information about the ingredients of this medicine**

If you have phenylketonuria (an inherited genetic disorder) please note that this product contains aspartame, a source of phenylalanine. This medicine also contains sucrose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

**Information on sodium content**

The maximum recommended daily dose of this medicinal product contains 553.36 mg sodium (found in table salt). This is equivalent to 27.67% of the adult recommended maximum daily dietary intake for sodium. Talk to your pharmacist or doctor if you need this medicine on a daily basis for a prolonged period of time, especially if you have been advised to have a low salt diet.

**3. How to take this medicine**

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your pharmacist if you are not sure.

**The recommended dose is:****Adults, the elderly and children aged 12 years and above:**

Dissolve one sachet in a mug of hot, but not boiling water. Stir until dissolved. If preferred sweeten to taste with sugar, honey or your usual sweetener. It is important to drink plenty of fluids when suffering from colds and flu.

**The dose may be repeated in 4-6 hours. Do not take more than four sachets in a total of 24 hours.**

**Do not give to children under 12 years, except on medical advice.**

**If you take more of this medicine than you should**

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. You may experience symptoms of dizziness, palpitations (irregular or forceful heartbeat), stomach pain, high blood pressure with headache, unhealthy pale appearance (pallor), feeling sick (nausea) or vomiting if you take too much of this medicine.

**If you forget to take this medicine**

Do not take a double dose to make up for a forgotten dose. If you forget a dose, take it as soon as you remember it and then take the next dose at least 4 hours later.

**4. Possible side effects**

Like all medicines, this medicine can cause side effects, although not everybody gets them.

**You should stop taking this medicine and see your doctor immediately if you experience symptoms like:**

- Serious skin disease causing rash, skin peeling and sores.
- Severe blistering and peeling of the skin.
- Accumulation of fluid in the larynx including an itchy rash, throat swelling (severe allergic reaction),
- Swelling on the face, mouth, hands (angioedema)
- Breathing problems. These are more likely if you have experienced them before when taking other painkillers such as ibuprofen or aspirin.

**Paracetamol:****Rare (may affect up to 1 in 1,000 people):**

Oedema (abnormal accumulation of fluid under the skin), abnormal vision, simple skin rash or urticaria (dark red rash on the skin), haemorrhage (bleeding), abdominal pain, diarrhoea, nausea, vomiting, dizziness, fever, reduction of irritability or agitation (sedation), platelet disorders (clotting disorders), stem cell disorders (disorders of the blood forming cell in the bone marrow), abnormal liver function, liver failure, hepatic necrosis (death of liver cells), jaundice, overdose and poisoning, tremor, headache, depression, confusion, hallucinations, sweating, pruritus (itching), feeling lousy (malaise).

**Very rare (may affect up to 1 in 10,000 people):**

Hepatotoxicity (damage caused to the liver), thrombocytopenia (reduction in blood platelets, which increases the risk of bleeding or bruising), leucopenia (frequent infections due to poorly functioning white blood cells or decrease in white blood cells), neutropenia (reduced neutrophil count in blood), agranulocytosis (severe decrease in white blood cells which may lead to severe infections), hemolytic anemia (abnormal breakdown of red blood cells, which may cause weakness or pale skin), hypoglycemia (low levels of glucose in the blood), cloudy urine and kidney disorders.

**Not known (frequency cannot be estimated from available data):**

A serious condition that can make blood more acidic (called metabolic acidosis), in patients with severe illness using paracetamol (see section 2). Anaemia (decrease in red blood cells), problems with the way your kidneys work (kidney alteration), problems with the way your liver works (liver alteration), haematuria (blood in urine), anuresis (inability to urinate), gastro intestinal effects, vertigo. There have been cases of difficulty breathing, wheezing, coughing, and shortness of breath with paracetamol, but these are more likely in asthmatics sensitive to aspirin or other NSAIDs such as ibuprofen.

**Phenylephrine:**

- Raised blood pressure, headache, dizziness, difficulty sleeping, nervousness, anxiety, diarrhoea or sickness.
- 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.

**Reporting of side effects**

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme Website: [www.mhra.gov.uk/yellowcard](http://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 this medicine**

- Keep this medicine out of the sight and reach of children.
- Do not store above 25°C. Store in the original package.
- Do not use this medicine after the expiry date which is stated on the label 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 this medicine contains**

- The active substances are 650 mg paracetamol and 10 mg phenylephrine hydrochloride.
- The other ingredients are Sucrose, Sodium citrate, Citric acid, Tartaric acid, Pregelatinised maize starch, Lemon juice, Ascorbic acid, Aspartame (E951), Natural colour (E100), Lemon flavour.

**What are the contents of the pack**

- The medicine is available in packs containing 5 or 10 sachets. Not all pack sizes may be marketed.

**Marketing Authorisation Holder and Manufacturer**

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Unit 3, Canalside, Northbridge Road, Berkhamsted, Hertfordshire,  
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**Lemocalm® Cold and Flu Relief Powder for Oral Solution; PL 17907/0165**

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