

# PATIENT INFORMATION LEAFLET

## Information for the user



## Recovery Effervescent Powder (Contains Paracetamol)

**Read all of this leaflet carefully because it contains important information for you.**

This medicine is available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice

### What this medicine is for

This medicine contains paracetamol, an analgesic which relieves pain, and antacids which relieve excess stomach acid and indigestion.

It can be used to relieve headache and upset stomach, particularly so after over indulgence of food or drink.

### Before you take this medicine

This medicine can be taken by adults and children of 16 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

#### **X Do not take:**

- **If you are under 16 years old**
- **If you are allergic** to any of the ingredients
- **If you have liver or severe kidney problems**
- **If you are on a low salt (sodium) diet** (this medicine contains 288 mg of sodium per sachet)
- **If you are on a low potassium diet** (this medicine contains 287 mg of potassium per sachet)
- **If you have phenylketonuria** (this medicine contains aspartame, a source of phenylalanine equivalent to 28 mg per sachet, which may be harmful to you)

#### **! Talk to your pharmacist or doctor:**

- If you have liver problems caused by drinking alcohol
- If you are taking warfarin (for thinning the blood)
- If you are pregnant or breastfeeding

### Other important information

**Do not drink alcohol** (e.g. wine, beer, spirits) whilst taking this medicine.

**Information about some of the ingredients in this medicine:** Sunset yellow (E110) in this medicine may cause allergic reactions.

## If you take other medicines

**! This medicine contains paracetamol. Do not take anything else containing paracetamol while taking this medicine.**

Before you take this medicine, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Colestyramine (to reduce blood fat levels)
- Metoclopramide or domperidone (for feeling sick or being sick)
- Warfarin or other blood thinners

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

### ✓ How to take this medicine

Check the sachet is not broken before use. If it is, do not use that sachet.

Dissolve the contents of the sachet in a glass (150 – 200 ml) of water. Drink the solution before the fizzing stops.

Age	How much to take	How often to take it
Adults and children of 16 years and over	One sachet	Every 4 hours, if you need to. <b>Don't take more than 4 sachets in any 24 hours.</b>

Do not give to children under 16 years.

Do not take more than the amount recommended above.

If symptoms do not go away talk to your doctor.

**! 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**

Go to your nearest hospital casualty department. Take your medicine and this leaflet with you.

## Possible side effects

Most people will not have problems, but some may get some.

**! If you get any of these serious side effects, stop taking the sachets. See a doctor at once:**

- Difficulty in breathing, swelling of the face, neck, tongue or throat (severe allergic reactions)

**If you get any of the following side effects see your pharmacist or doctor:**

- Skin rash
- Unusual bruising or infections such as sore throats - this may be a sign of very rare changes in the blood
- Very rare cases of serious skin reactions have been reported.

## Reporting of 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 provide more information on the safety of this medicine.

## How to store this medicine

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton.

## **What is in this medicine**

Each sachet contains Anhydrous Citric Acid 1185 mg, Anhydrous Sodium Carbonate 153 mg, Paracetamol 1000 mg, Potassium Bicarbonate 715 mg, Sodium Bicarbonate 808 mg, which are the active ingredients.

As well as the active ingredients, the sachets also contain ascorbic acid, acesulfame potassium (E950), aspartame (E951), orange flavour (containing maltodextrin, gum arabic, triacetin, alpha-tocopherol (E307)), quinoline yellow (E104), sunset yellow (E110).

The pack contains 10 sachets of creamy/white effervescent powder.

## **Who makes this medicine**

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Marketing Authorisation holder Wrafton Laboratories Limited Braunton Devon EX33 2DL

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA

## **Other formats**

To request a copy of this leaflet in Braille, large print or audio please call, free of charge:

**0800 198 5000 (UK only)**

Please be ready to give the following information:

Product name: Boots Recovery Effervescent Powder.

Reference number: 12063/0033

This is a service provided by the Royal National Institute of Blind People.

Component code

*Artwork reference: BTC191764*