



# Benlyn Cold & Flu Day & Night Max Strength Capsules

## Uses

Both capsules: For the relief of symptoms associated with the common cold and influenza, including relief of aches and pains, sore throat, headache, nasal congestion and lowering of temperature. Day capsule: also the relief of fatigue and drowsiness.

## Dosage

16 years and over: 2 red/yellow capsules every 4-6 hours during the day as required, followed by 2 dark blue/light blue capsules at bedtime. Leave at least 4 hours between doses. No more than 8 capsules in 24 hours. Swallow whole with water - do not chew. Under 16 years: not recommended.

## Format and Ingredients

Red/yellow (day) and dark blue/light blue (night) hard gelatin capsules containing:  
Day capsule:Paracetamol 500mg, Caffeine 25mg, Phenylephrine Hydrochloride 6.1mg, Night capsule:Paracetamol 500mg, Phenylephrine Hydrochloride 6.1mg,

**Manufacturer:**  
JOHNSON & JOHNSON (McNEIL)

**Pack size:** 16 (12 Day and 4  
Night capsules)

**RRP:** £4.99

**Legal Status:** (GSL)

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