

# LemoCalm Cold and Flu Relief Powder for Oral Solution



**Category**  
Cough, Colds and Sore  
Throat  
**Manufacturer**  
BRISTOL LABORATORIES  
LTD  
**Pack size**  
10  
**RRP**  
£2.50  
**Legal Status**  
(GSL)



## Uses

For relief of the symptoms of colds and influenza, including the relief of aches and pains, sore throat, headache, nasal congestion and lowering of temperature.



## Format and Ingredients

Sachet of powder containing:  
Paracetamol 650mg, Phenylephrine Hydrochloride 10mg,



## Dosage

Adults and the elderly: 1 sachet dissolved by stirring in hot water, but not boiling water and sweetened to taste. No more than 4 sachets to be taken in 24 hours. The dose may be repeated in 4-6 hours. Children: not recommended except on medical advice.