



Alka-Seltzer Plus® Severe Cold + Flu Day

Drug Facts	
Active ingredients (in each packet)	Purposes
Acetaminophen 500 mg.....	Pain reliever/fever reducer
Dextromethorphan hydrobromide 20 mg.....	Cough suppressant
Guaifenesin 400 mg.....	Expectorant
Phenylephrine hydrochloride 10 mg.....	Nasal decongestant
Uses	
<ul style="list-style-type: none">temporarily relieves these symptoms due to a cold or flu:<ul style="list-style-type: none">minor aches and painsheadachesore throatcoughnasal congestionsinus congestion and pressurehelps loosen phlegm (mucus) and thin bronchial secretions to rid the bronchial passageways of bothersome mucustemporarily reduces fever	
Warnings	
<p>Liver warning: This product contains acetaminophen. Severe liver damage may occur if you take</p> <ul style="list-style-type: none">more than 4,000 mg of acetaminophen in 24 hourswith other drugs containing acetaminophen3 or more alcoholic drinks every day while using this product <p>Allergy alert: Acetaminophen may cause severe skin or severe allergic reactions. Symptoms may include:</p> <ul style="list-style-type: none">skin reddeningblistersrashhivesfacial swellingasthma (wheezing)shock <p>If a skin or general allergic reaction occurs, stop use and seek medical help right away.</p> <p>Sore throat warning: If sore throat is severe, persists for more than 2 days, is accompanied or followed by fever, headache, rash, nausea, or vomiting, consult a doctor promptly.</p>	
Do not use	
<ul style="list-style-type: none">with any other drug containing acetaminophen (prescription or nonprescription). If you are not sure whether a drug contains acetaminophen, ask a doctor or pharmacist.if you are now taking a prescription monoamine oxidase inhibitor (MAOI) (certain drugs for depression, psychiatric, or emotional conditions, or Parkinson's disease), or for 2 weeks after stopping the MAOI drug. If you do not know if your prescription drug contains an MAOI, ask a doctor or pharmacist before taking this product.if you have ever had an allergic reaction to this product or any of its ingredientsin children under 12 years of age	
Ask a doctor before use if you have	
<ul style="list-style-type: none">liver diseaseheart diseasehigh blood pressurethyroid diseasediabetesdifficulty in urination due to enlargement of the prostate glandpersistent or chronic cough such as occurs with smoking, asthma, chronic bronchitis or emphysemacough with excessive phlegm (mucus)	
Ask a doctor or pharmacist before use if you are taking the blood thinning drug warfarin	
When using this product do not exceed recommended dosage	



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Stop use and ask a doctor if

- pain, cough, or nasal congestion gets worse or lasts more than 7 days
- fever gets worse or lasts more than 3 days
- redness or swelling is present
- new symptoms occur
- cough comes back or occurs with fever, rash or headache that lasts. These could be signs of a serious condition.
- nervousness, dizziness, or sleeplessness occurs

If pregnant or breast-feeding, ask a health professional before use. **Keep out of reach of children.** In case of overdose, get medical help or contact a Poison Control Center right away. Quick medical attention is critical for adults as well as for children even if you do not notice any signs or symptoms.

Directions

- do not take more than the recommended dose
- take every 4 hours; do not exceed 6 packets in 24 hours or as directed by a doctor
- adults and children 12 years and over: dissolve contents of one packet in 8 oz. hot water; sip while hot. Consume entire drink within 10-15 minutes.
- children under 12 years: do not use

Other information

- **each packet contains:** potassium 5 mg and sodium 6 mg
- store at room temperature

Inactive ingredients acesulfame potassium, anhydrous citric acid, compressible sugar, D&C yellow #10, dental-type silica, FD&C red #40, flavors, maltodextrin, povidone, pregelatinized starch, silicon dioxide, sodium citrate, stearic acid, sucralose, tartaric acid, tribasic calcium phosphate

Questions or comments? 1-800-986-0369 (Mon-Fri 9AM - 5PM EST)