Alka-Seltzer Plus®
Severe Cold + Flu Day & Night Co-Pack

Do not take these products at the same time.

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
• temporarily relieves these symptoms due to a cold or flu:
  • minor aches and pains  • headache
  • sore throat  • cough
  • nasal congestion  • sinus congestion and pressure
• helps loosen phlegm (mucus) and thin bronchial secretions to rid
  the bronchial passageways of bothersome mucus
• temporarily reduces fever

Warnings
Liver warning: This product contains acetaminophen. Severe liver
damage may occur if you take
• more than 4,000 mg of acetaminophen in 24 hours
• with other drugs containing acetaminophen
• 3 or more alcoholic drinks every day while using this product
Allergy alert: Acetaminophen may cause severe skin or severe allergic
reactions. Symptoms may include:
• skin reddening  • blisters  • rash  • hives
• facial swelling  • asthma (wheezing)  • shock
If a skin or general allergic reaction occurs, stop use and seek medical
help right away.
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.

Do not use
• 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
  ingredients
• in children under 12 years of age

Ask a doctor before use if you have
• liver disease  • heart disease  • high blood pressure
• thyroid disease  • diabetes
• difficulty in urination due to enlargement of the prostate gland
• persistent or chronic cough such as occurs with smoking, asthma,
  chronic bronchitis or emphysema
• cough with excessive phlegm (mucus)
Alka-Seltzer Plus®
Severe Cold + Flu Day & Night Co-Pack

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

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)
## Drug Facts

<table>
<thead>
<tr>
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### Uses
- temporarily relieves these symptoms due to a cold or flu:
  - headache
  - minor aches and pains
  - cough
  - sore throat
  - nasal congestion
  - sinus congestion and pressure
  - runny nose
  - sneezing
- temporarily reduces fever

### Warnings

#### Liver warning:
This product contains acetaminophen. Severe liver damage may occur if you take
- more than 4,000 mg of acetaminophen in 24 hours
- with other drugs containing acetaminophen
- 3 or more alcoholic drinks every day while using this product

#### Allergy alert:
Acetaminophen may cause severe skin or severe allergic reactions. Symptoms may include:
- skin reddening
- blisters
- rash
- hives
- facial swelling
- asthma (wheezing)
- shock

If a skin or general allergic reaction occurs, stop use and seek medical help right away.

#### 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.

Do not use to sedate children.

#### Do not use
- 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 ingredients
- in children under 12 years of age

#### Ask a doctor before use if you have
- liver disease
- heart disease
- high blood pressure
- thyroid disease
- diabetes
- glaucoma
- cough with excessive phlegm (mucus)
- a breathing problem such as emphysema or chronic bronchitis
- difficulty in urination due to enlargement of the prostate gland
- persistent or chronic cough such as occurs with smoking, asthma, or emphysema
Ask a doctor or pharmacist before use if you are
● taking the blood thinning drug warfarin
● taking sedatives or tranquilizers

When using this product
● do not exceed recommended dosage
● may cause marked drowsiness
● avoid alcoholic drinks
● alcohol, sedatives, and tranquilizers may increase drowsiness
● be careful when driving a motor vehicle or operating machinery
● excitability may occur, especially in children

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 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.

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Directions
● do not take more than the recommended dose
● take every 4 hours; do not exceed 5 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 5 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, pregelatinized starch, sodium citrate, sucralose, tartaric acid, tribasic calcium phosphate

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