

148 mm

←

**PATIENT INFORMATION LEAFLET**  
**SIMPLE LINCTUS SUGAR FREE**  
**Citric Acid Monohydrate 125 mg/5 ml**

**Read all of this leaflet carefully because it contains important information for you.**  
This medicine is available without prescription, however, you still need to take Simple Linctus Sugar Free 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.
- You must contact a doctor if your symptoms worsen or do not improve after a few days.
- If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

**In this leaflet:**

1. What Simple Linctus Sugar Free is and what it is used for
2. Before you take Simple Linctus Sugar Free
3. How to take Simple Linctus Sugar Free
4. Possible side effects
5. How to store Simple Linctus Sugar Free
6. Further information

**1. WHAT SIMPLE LINCTUS SUGAR FREE IS AND WHAT IT IS USED FOR**

Simple Linctus Sugar Free is a medicine which helps to stop you coughing, especially if you have a mild non-specific cough.

**2. BEFORE YOU TAKE SIMPLE LINCTUS SUGAR FREE**

**DO NOT use Simple Linctus Sugar Free if you are:**

- allergic to citric acid or any of the other ingredients in this medicine (see Section 6 and end of Section 2).

**Taking other medicines**  
Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

**Pregnancy and breast-feeding**  
Ask your doctor or pharmacist for advice before taking Simple Linctus Sugar Free during pregnancy, or if you are breast-feeding.

**Driving and using machines**  
Simple Linctus Sugar Free has no known effect on your ability to drive or use machines.

**Important information about some of the other ingredients of Simple Linctus**  
Simple Linctus Sugar Free contains

- **maltitol liquid (E965)**. If you have been told that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.
- small amounts of **ethanol** (alcohol), less than 100 mg per 5 ml dose.

**3. HOW TO TAKE SIMPLE LINCTUS SUGAR FREE**

Always take the product exactly as advised. You should check with your doctor or pharmacist if you are not sure.

Only to be taken by mouth.

23LF01667PW

14 mm

→

3 mm

210 mm

148 mm

←

The usual dose is:  
**Adults:** One 5 ml spoonful taken 3-4 times daily

**Children:** Not recommended. A different formulation of Simple Linctus Sugar Free is available for children; please see your pharmacist.

**If you take more Simple Linctus Sugar Free than you should:**  
If you or someone else takes too much Simple Linctus Sugar Free over a long period of time it may cause erosion of the teeth and local irritation.

If you have any further questions on the use of this product, ask your doctor or pharmacist.

**4. POSSIBLE SIDE EFFECTS**

**Allergic reactions** (frequency cannot be estimated from the available data)  
If you have an allergic reaction, **stop taking Simple Linctus Sugar Free and see a doctor straight away.**  
The signs may include:

- swelling of your face, lips or mouth
- rash on your skin

Like all medicines, Simple Linctus Sugar Free can cause side effects, although not everybody gets them. If you notice any side effects please tell your doctor or pharmacist.

**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) or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

**5. HOW TO STORE SIMPLE LINCTUS SUGAR FREE**

Keep out of the sight and reach of children. Do not store above 25°C.  
Do not use Simple Linctus Sugar Free after the expiry date which is stated on the label or carton. The expiry date refers to the last day of that month.  
Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

**6. FURTHER INFORMATION**

**What Simple Linctus Sugar Free contains:**

- The **active substance** is Citric Acid Monohydrate 125 mg/5 ml equivalent to 114.29 mg/5 ml Anhydrous Citric Acid.
- The **other ingredients** are glycerol (E422), sodium carboxymethylcellulose, sodium benzoate (E211), saccharin sodium (E954), maltitol liquid (E965), ethanol, star anise oil and purified water.

**What Simple Linctus Sugar Free looks like and contents of the pack**

Simple Linctus Sugar Free is a clear sugar free syrup, available in 2000 ml plastic (HDPE) bottles, or in 100 ml, 125 ml and 200 ml amber glass bottles. This medicinal product is a sugar free and colour free product.

**Marketing Authorisation Holder**  
Pinewood Laboratories Ltd., Ballymacarbry, Clonmel, Co. Tipperary, Ireland

**Manufacturer**  
Pinewood Laboratories Ltd., Ballymacarbry, Clonmel, Co. Tipperary, Ireland  
or  
CP Pharmaceuticals Ltd., Ash Road North, Wrexham, LL13 9UF, United Kingdom.

PL 04917/0006

This leaflet was last updated in 06/2019.

23LF01667PW

14 mm

→

3 mm

210 mm