

APOHEALTH COLD RELIEF

Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.

1. Why am I using APOHEALTH COLD RELIEF?

APOHEALTH COLD RELIEF contains the active ingredients paracetamol and chlorphenamine maleate. APOHEALTH COLD RELIEF is used to provide temporary relief from cold and flu symptoms.

For more information, see Section [1. Why am I using APOHEALTH COLD RELIEF?](#) in the full CMI.

2. What should I know before I use APOHEALTH COLD RELIEF?

Do not use if you have ever had an allergic reaction to paracetamol, chlorphenamine, or any of the ingredients listed at the end of the CMI.

Talk to your doctor or pharmacist if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.

For more information, see Section [2. What should I know before I use APOHEALTH COLD RELIEF?](#) in the full CMI.

3. What if I am taking other medicines?

Some medicines may interfere with APOHEALTH COLD RELIEF and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

4. How do I use APOHEALTH COLD RELIEF?

- Adults and children over 12 years: take two tablets every 4 – 6 hours as necessary.
- Do not exceed 8 tablets in 24 hours

More instructions can be found in Section [4. How do I use APOHEALTH COLD RELIEF?](#) in the full CMI.

5. What should I know while using APOHEALTH COLD RELIEF?

Things you should do	<ul style="list-style-type: none">• Remind any doctor, dentist or pharmacist you visit that you are using APOHEALTH COLD RELIEF.
Things you should not do	<ul style="list-style-type: none">• Do not give to children under 12 years of age
Driving or using machines	<ul style="list-style-type: none">• Be careful driving or operating machinery until you know how APOHEALTH COLD RELIEF affects you
Drinking alcohol	<ul style="list-style-type: none">• Be careful drinking alcohol while taking this medicine
Looking after your medicine	<ul style="list-style-type: none">• Keep in a cool, dry place where the temperature stays below 30°C

For more information, see Section [5. What should I know while using APOHEALTH COLD RELIEF?](#) in the full CMI.

6. Are there any side effects?

If you are 60 years and over, you may have increased risk of getting side effects. For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

APOHEALTH COLD RELIEF

Active ingredient(s): *paracetamol, chlorphenamine maleate*

Consumer Medicine Information (CMI)

This leaflet provides important information about using APOHEALTH COLD RELIEF. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using APOHEALTH COLD RELIEF.**

Where to find information in this leaflet:

- [1. Why am I using APOHEALTH COLD RELIEF?](#)
- [2. What should I know before I use APOHEALTH COLD RELIEF?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I use APOHEALTH COLD RELIEF?](#)
- [5. What should I know while using APOHEALTH COLD RELIEF?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

1. Why am I using APOHEALTH COLD RELIEF?

APOHEALTH COLD RELIEF contains the active ingredients **paracetamol and chlorphenamine maleate**. Paracetamol is an analgesic. Chlorphenamine is an antihistamine. The efficacy of chlorphenamine in this product is due to its anticholinergic effect.

APOHEALTH COLD RELIEF is used to provide temporary relief from the following symptoms of cold & flu:

- Headache
- Sneezing
- Body aches & pains
- Runny nose
- Watery & itching eyes
- Fever

2. What should I know before I use APOHEALTH COLD RELIEF?

Warnings

Do not use APOHEALTH COLD RELIEF if:

- you are allergic to paracetamol, chlorphenamine, or any other antihistamine or any of the ingredients listed at the end of this leaflet.
Always check the ingredients to make sure you can use this medicine.
- You are taking any other product containing paracetamol
- You are under 12 years of age

- You are also taking monoamine oxidase inhibitors, a type of medicine used to treat depression

Check with your doctor or pharmacist if you:

- have any other medical conditions
 - Narrow-angle glaucoma
 - Stomach or duodenal ulcer
 - Stomach problems
 - Prostate problems
 - Bladder problems
- take any medicines for any other condition

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

Pregnancy and breastfeeding

Check with your doctor or pharmacist if you are pregnant or intend to become pregnant.

Do not take APOHEALTH COLD RELIEF if you are breastfeeding or plan to breastfeed. This medicine passes into the breast milk and there is a possibility that the baby may be affected.

3. What if I am taking other medicines?

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Some medicines may interfere with APOHEALTH COLD RELIEF and affect how it works. These include:

- anticoagulants (medicines that thin the blood such as warfarin)
- antidepressants
- medicines containing metoclopramide or propantheline
- medicines for treating epilepsy or fits such as phenytoin
- sleeping tablets
- alcohol
- chloramphenicol (an antibiotic)
- flucloxacillin

These medicines may be affected by APOHEALTH COLD RELIEF or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect APOHEALTH COLD RELIEF.

4. How do I use APOHEALTH COLD RELIEF?

WARNING: Keep to the recommended dose.

Adults and Children over 12 years: Do not take this medicine for longer than a few days at a time unless advised to by a doctor.

Children and adolescents 12-17 years: Do not take this medicine for longer than 48 hours at a time unless advised to by a doctor.

How much to take

- **Adults and Children 12 years and over:** Take two tablets, every four to six hours as necessary. Do not exceed 8 tablets in 24 hours.
- Not to be given to children under 12 years of age.
- Follow the instructions provided with the medicine.
- Do not exceed the recommended dosage.

When to take APOHEALTH COLD RELIEF

- APOHEALTH COLD RELIEF should be used only when you think you need it.
- Leave at least 4 – 6 hours between each dose.

How to take APOHEALTH COLD RELIEF

- Swallow the tablets whole with a glass of water.
- The tablets can be taken with or without food.

If you use too much APOHEALTH COLD RELIEF

If you think that you have used too much APOHEALTH COLD RELIEF, you may need urgent medical attention.

You should immediately:

- phone the Poisons Information Centre (by calling 13 11 26), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

You should do this even if there are no signs of discomfort or poisoning.

5. What should I know while using APOHEALTH COLD RELIEF?

Things you should do

Tell your doctor or pharmacist if you have or have had any of the following medical conditions:

- you have liver or kidney problems
- you are having breathing problems
- you are a heavy drinker
- you have epilepsy

Tell your doctor or pharmacist if:

- you are planning to have surgery or an anaesthetic.
- you are currently receiving or are planning to receive dental treatment.

Remind any doctor, dentist or pharmacist you visit that you are using APOHEALTH COLD RELIEF.

Things you should not do

- Do not use in children under 12 years of age
- Do not take with other medicines containing paracetamol.

APOHEALTH COLD RELIEF is for minor and temporary ailments and should be used strictly as directed. Prolonged use without medical supervision could be harmful.

Things to be careful of

- Cases of high anion gap metabolic acidosis (HAGMA) due to pyroglutamic acidosis in patients with severe illness such as severe renal impairment and sepsis, or patients with malnutrition and other sources of glutathione deficiency.

Driving or using machines

Be careful before you drive or use any machines or tools until you know how APOHEALTH COLD RELIEF affects you.

APOHEALTH COLD RELIEF may cause dizziness and/or drowsiness in some people.

Drinking alcohol

Tell your doctor or pharmacist if you drink alcohol.

If you drink alcohol, dizziness and drowsiness may be worse.

Looking after your medicine

- Store below 30°C
- Keep your tablets in the blister pack until it is time to use them

Follow the instructions in the carton on how to take care of your medicine properly.

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

Keep it where young children cannot reach it.

Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

Do not use this medicine after the expiry date.

6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions.

Less serious side effects

Less serious side effects	What to do
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<ul style="list-style-type: none"> • drowsiness • dizziness • allergic reactions • skin rashes • nausea • dry mouth • vomiting • constipation or diarrhoea 	<p>Speak to your doctor or pharmacist if you have any of these less serious side effects and they worry you.</p>
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If you are 60 years and over, you may have an increased chance of getting side effects. Dizziness, drowsiness and a drop in blood pressure causing light-headedness are more likely to occur in elderly patients.

Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.

Other side effects not listed here may occur in some people.

Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at www.tga.gov.au/reporting-problems. By reporting side effects, you can help provide more information on the safety of this medicine.

7. Product details

This medicine is available over-the-counter without a doctor's prescription.

What APOHEALTH COLD RELIEF contains

Active ingredient (main ingredient)	<ul style="list-style-type: none"> • Paracetamol 500 mg • Chlorphenamine maleate 2 mg
Other ingredients (inactive ingredients)	<ul style="list-style-type: none"> • Microcrystalline cellulose • Colloidal anhydrous silica • Magnesium stearate • Maize starch • Povidone • Sodium glycollate • Opadry 04F58804 White
Potential allergens	n/a

Do not take this medicine if you are allergic to any of these ingredients.

This medicine does not contain sucrose, lactose, gluten, tartrazine or any other azo dyes.

What APOHEALTH COLD RELIEF looks like

APOHEALTH COLD RELIEF is an oval shaped white, film-coated tablet with a break bar on one side.

Available in a blister pack containing 24 tablets.

(AUST R 254172).

Who distributes APOHEALTH COLD RELIEF

Arrotex Pharmaceuticals Pty Ltd

15 – 17 Chapel Street

Cremorne Victoria 3121.

www.arrotex.com.au

This leaflet was prepared in March 2026