

# Sudafed Congestion & Headache Relief Day & Night Capsules



**Category**

Cough, Colds and Sore Throat

**Manufacturer**

KENVUE

**Pack size**

16 (12 daytime, 4 night-time)

**RRP**

£5.80

**Legal Status**

(GSL)



**Uses**

Day capsule: for the relief of symptoms associated with the common cold and influenza, including relief of aches and pains, sore throat, headache, fatigue and drowsiness, nasal congestion and lowering of temperature.  
Night capsule: for the relief of symptoms associated with the common cold and influenza, including relief of aches and pains, sore throat, headache, nasal congestion and lowering of temperature.



**Format and Ingredients**

Red/yellow (day) and dark blue/light blue (night) hard gelatin capsules containing:  
  
Day capsule containing:Paracetamol 500mg, Caffeine 25mg, Phenylephrine Hydrochloride 6.1mg, Night capsule containing:Paracetamol 500mg, Phenylephrine Hydrochloride 6.1mg,



**Dosage**

16 years and over: 2 red/yellow capsules every 4-6 hours during the day as required, followed by 2 dark blue/light blue capsules at bedtime. Leave at least 4-6 hours between doses. No more than 8 capsules in 24 hours. Swallow whole with water - do not chew. Under 16 years: not to be used unless recommended by a doctor.