



Counter Intelligence PLUS | 2025

The training guide for pharmacy assistants



Sudafed Congestion & Headache Relief Day & Night Capsules

Uses

Both capsules: 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. Day capsule: also the relief of fatigue and drowsiness.

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.

Format and Ingredients

Red/yellow (day) and dark blue/light blue (night) hard gelatin capsules containing:

Day capsule: Paracetamol 500mg, Caffeine 25mg, Phenylephrine Hydrochloride 6.1mg, Night

capsule: Paracetamol 500mg, Phenylephrine Hydrochloride 6.1mg,

Category:
Cough, Colds and Sore Throat

Manufacturer:
JOHNSON & JOHNSON (McNEIL)

Pack size: 16 (12 daytime, 4 night-time)

RRP: £4.99

Legal Status: (OTC)

