



## Day Nurse Capsules

### Uses

Symptomatic relief of colds and influenza.

### Dosage

Over 16 years: 2 capsules every 4 hours as required.  
Maximum 4 doses in 24 hours or 3 doses in 24 hours if a night-time paracetamol containing product is taken before bedtime. Not to be used for longer than 7 days except on medical advice. Under 16 years: not to be given.

### Format and Ingredients

Orange and yellow capsule, printed Day Nurse on both halves, containing:  
Paracetamol 500mg, Pseudoephedrine Hydrochloride 30mg, Pholcodine 5mg,