



PANADOL MENSTRUAL

For fast and effective relief of period pain



Fast & effective relief of period pain and discomfort.

WHAT IS PANADOL MENSTRUAL USED FOR?

For fast and effective relief of period pain, bloatedness, water weight gain and discomforts associated with pre-menstrual and menstrual periods.

WHAT DOES PANADOL MENSTRUAL CONTAIN?

Each caplet of Panadol Menstrual contains paracetamol 500mg and pamabrom 25mg. Paracetamol has analgesic (pain relieving) and antipyretic (fever reducing) properties. Pamabrom acts as a diuretic by increasing renal blood flow and glomerular filtration rate, thus promoting diuresis. Pamabrom helps to relieve water retention symptoms of pre-menstrual and menstrual periods.

Excipients: Pregelatinised starch, Microcrystalline cellulose, Sodium croscarmellose, Magnesium stearate, Purified water, Pink Film Coating: Opadry pink, Carnauba wax, Tekprint SB-9009 (black ink for coating)

DOSE & ADMINISTRATION:

- Menstrual women aged over 12 years: Take 1 - 2 caplets every 4 - 6 hours.
- Do not take more than 8 caplets in 24 hours, equivalent to 4000mg paracetamol per day.
- Do not exceed the stated dose.
- Do not take more frequently than every 4 hours.
- Always use the smallest dose that you need to treat your symptoms and use the medicine for the shortest period of time necessary.
- Please see your doctor if your symptoms do not improve.
- Do not use this medicine if you are taking any prescription or non-prescription medicines containing paracetamol to treat pain fever, symptoms of cold and flu.
- Maximum duration of use: from 5 days before to 5 days after onset of menses, up to 10 days in total.
- Do not use in children under 12 years
- Do not use in women who do not menstruate and in men.
- 12 岁以上经期女性: 每次服用 1 - 2 锭, 每次间隔 4 至 6 小时。
- 24 小时内不可服用超过 8 锭, 即每日不可超过 4000 毫克 Paracetamol。
- 请勿超过建议剂量。
- 两次服用间隔勿短于 4 小时。
- 初次应使用最小建议剂量, 并尽量缩短使用时间。
- 症状如未改善, 请就医治疗。
- 如您正在服用任何其他含有 *Paracetamol* 的处方或非处方药治疗疼痛、发烧、感冒及流感症状, 请勿使用此药。
- 最长使用期间: 月经来前 5 天到后 5 天, 最长总共 10 天。
- 12 岁以下儿童请勿使用。
- 非经期中女性及男性请勿使用。

CONTRAINDICATIONS:

Do not use Panadol Menstrual if:

- You are allergic to paracetamol, pamabrom or any of the other ingredients in the product.
- You are unable to urinate.
- You are pregnant or breast-feeding.

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WARNINGS & PRECAUTIONS:

Do not take more than the recommended dose as it may cause serious harm to your liver.

Always read and follow the label.

Check with your doctor before use if:

- You have liver or kidney problems.
- You are underweight or malnourished.
- You regularly drink alcohol.

You may need to avoid using this product altogether or limit the amount of paracetamol that you take.

- You have a severe infection, are severely malnourished, severely underweight or are a chronic heavy alcohol user as this may increase the risk of metabolic acidosis.

Signs of metabolic acidosis include:

- Deep, rapid, difficult breathing
- Feeling sick (nausea), being sick (vomiting)
- Loss of appetite

Contact a doctor immediately if you get a combination of these symptoms.

- Contact a doctor immediately if you are receiving treatment for high blood pressure or cardiac failure, or taking 'water pills' also known as diuretics.

- You are taking anticoagulants (e.g. warfarin) and you need to take a pain reliever on a daily basis over a long period.

However, you can take occasional doses of Panadol Menstrual with anticoagulants.

If you have had a serious skin reaction with this medicine, do not take it or any products containing paracetamol or acetaminophen again. Doing so could cause you to have another serious skin reaction.

Please see your doctor if your symptoms do not improve.

Keep out of sight and reach of children.

DRUG INTERACTIONS:

Before taking this medicine, make sure you consult your doctor if you are taking warfarin or similar medicines used to thin the blood.

ADVERSE REACTIONS:

Stop taking this medicine and tell your doctor immediately if:

- You experience allergic reactions such as skin rash or itching, sometimes with breathing problems or swelling of the lips, tongue, throat or face.
- You experience any skin rash or peeling or mouth ulcers. Symptoms of serious skin reactions may include skin reddening, rash, blisters, and separation of the upper surface of the skin from the lower layers.

These serious skin reactions are rare, but can occur even if you have taken this medicine in the past without any problems.

- You have previously experienced breathing problems with aspirin or non-steroidal anti-inflammatories, and experience a similar reaction with this product.
- You experience unexplained bruising or bleeding.
- You experience mouth ulcers.

These reactions are rare.

OVERDOSE:

If you take more of the medicine than you should: Seek medical advice immediately even if you do not have any symptoms because of the risk of liver failure.

STORAGE CONDITION:

Store below 25°C.

Use only if foil seal over caplet is intact.

For further information, ask a doctor or pharmacist.

GDS Version: 7.0

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