Unofficial translation of the German package leaflet

Package leaflet: Information for the user

Melabon® **K** 250 mg / 250 mg / 50 mg tablets

Aspirin
Paracetamol
Caffeine

For use in adults, and for use in children over 12 years if other measures are not effective.

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.
Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you.
- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 4 days.

What is in this leaflet

1. What Melabon® K is and what it is used for
Melabon® K is a medicine to relieve pain and reduce fever and inflammation (analgesic/non-steroidal anti-inflammatory drug - a combination of aspirin, paracetamol and caffeine).

Melabon® K is used to treat mild to moderate pain.

Please note the information for children and adolescents (see section 2).

You must talk to a doctor if you do not feel better or if you feel worse after 4 days.

2. What you need to know before you take Melabon® K

Do not take Melabon® K

- if you are allergic to aspirin, paracetamol, caffeine, or any of the other ingredients of this medicine (listed in section 6);
- if you have ever had a bad reaction, such as asthma attacks or other hypersensitivity reactions, to salicylates or other non-steroidal anti-inflammatory drugs (certain medicines to treat pain, fever or inflammation/NSAIDs);
- if you have ever had gastrointestinal bleeding or perforation in connection with previous treatment with non-steroidal anti-inflammatory drugs (NSAIDs);
- if you have or have ever had recurrent gastric and duodenal ulcers (peptic ulcers) or bleeding with at least two episodes of proven ulcers or bleeding;
- if have an increased tendency to bleed as the result of a disease;
- if you have liver and kidney failure;
- if you have severe heart muscle weakness (severe heart failure);
- if you are simultaneously taking 15 mg or more methotrexate per week;
- if you are in the last three months of pregnancy;
- in children under 12 years.

Aspirin, one of the active ingredients of Melabon® K, belongs to a group of medicines (NSAIDs) that can impair fertility in women. This effect is reversible after discontinuation of the medicine.

Warnings and precautions

Talk to your doctor or pharmacist before taking Melabon® K.

Particularly close medical monitoring is required:

- if you have hypersensitivity to other anti-inflammatory drugs (medicines to treat rheumatism or inflammation) or other allergens;
- if you have any allergies (e.g., with skin reactions, itching, hives) or asthma, hay fever, swelling of the nose lining (nasal polyps), or chronic respiratory diseases;
- if you have impaired liver and kidney function;
- if you have high blood pressure and a weak heart (heart failure);
- prior to surgery (including minor surgeries, e.g., tooth removal); there is the possibility of an increased tendency to bleed. Please inform your doctor or dentist if you have taken Melabon® K.
- if you have impaired liver function (liver inflammation, Gilbert's syndrome);
- if you have chronic alcoholism;
- if you have hyperthyroidism;
- if have heart rhythm disorders;
- if you have anxiety disorders.

<u>Effects on the gastrointestinal tract</u>
Concomitant use of aspirin with other non-steroidal anti-inflammatory drugs, including so-called COX-2 inhibitors (cyclooxygenase-2 inhibitors), which are among other things used to treat symptoms of rheumatic disease, is to be avoided.
Side effects are observed more frequently in elderly patients following the use of non-steroidal anti-inflammatory drugs, in particular bleeding in the stomach and intestines, which can be life-threatening.

Cases of bleeding, ulcers and perforation in the gastrointestinal tract, which can result in death, have been reported in connection with the use of all non-steroidal anti-inflammatory drugs.
They have occurred with or without warning symptoms or a history of serious events in the gastrointestinal tract, and they can occur at any time during treatment.
The risk is increased with higher NSAID doses in patients with a history of ulcers, especially with complications such as bleeding or perforation, and in the elderly. These patients should commence treatment on the lowest dose available.

In such patients, combination therapy with medicines to protect the mucous lining in the stomach (e.g., misoprostol or proton pump inhibitors) should be considered.
This is also recommended for patients who are taking other medicines that increase the risk of disease in the gastrointestinal tract (see section 2 below: "Other medicines and Melabon® K").
Patients, particularly the elderly, who have a history of side effects in the gastrointestinal tract should report any unusual abdominal symptoms, especially at the start of treatment.
Caution is advised in patients simultaneously taking medicines that increase the risk of the formation of ulcers or bleeding, e.g., corticosteroids, anticoagulants (blood thinners) such as warfarin, and selective serotonin reuptake inhibitors, which are prescribed, among other things, for the treatment of depression, or anti-platelet drugs (see section 2 below: "Other medicines and Melabon® K").

Treatment is to be stopped if bleeding or ulcers develop in the gastrointestinal tract.

Other information
Side effects may be minimised by using the lowest effective dose for the shortest duration necessary to control symptoms.

Long-term use of pain relief medication can lead to headaches, which can result in renewed use of pain medication and thus perpetuation of the headache.

Habitual use of pain relief medication can cause permanent kidney damage with the risk of kidney failure (analgesic nephropathy). This risk is particularly high if you take several different painkillers in combination.

Aspirin reduces the excretion of uric acid at low doses. In patients who already have a tendency for decreased uric acid excretion, this can trigger a gout attack under certain circumstances.

Children and adolescents
In children over 12 years with fever, Melabon® K should only be used on medical advice, and only when other measures have not worked. If prolonged vomiting occurs during such illness, this can be a sign of Reye's syndrome, a rare but life-threatening disease that requires immediate medical treatment.

Other medicines and Melabon® K
Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

The effect of the following medicines or drug groups can be influenced by concomitant treatment with Melabon® K.

Aspirin increases the effect of: (and this may increase the risk of side effects)
- medicines to reduce blood clotting, e.g., coumarin, warfarin, heparin.
- anti-platelet drugs (drugs that stop platelets from sticking together and forming clumps), e.g., ticlopidine, clopidogrel, and selective serotonin reuptake inhibitors (medicines used to treat depression) increase the risk of bleeding and the formation of ulcers in the gastrointestinal tract.
- glucocorticoids (medicines that contain cortisone or cortisone-like substances) or other non-steroidal anti-inflammatory drugs / analgesics (drugs to relieve inflammation and pain) increase the risk of gastrointestinal ulcers and bleeding.
- digoxin (used to increase the strength of the heart).
- anti-diabetic drugs (drugs to reduce blood sugar): blood sugar levels can drop.
- methotrexate (used to treat cancers and certain rheumatic diseases).
- valproic acid (drug for the treatment of seizures).

Aspirin decreases the effect of:
- diuretics (used to increase excretion of urine) at doses of Melabon® K from 3 g aspirin (equivalent to 12 tablets) per day and more.
- ACE inhibitors (used to lower blood pressure) at doses of Melabon® K from 3 g aspirin (equivalent to 12 tablets) per day and more.
- anti-gout medicines to eliminate uric acid (e.g., probenecid, benzbromarone).

Caffeine:
- reduces the sleep-inducing effect of substances such as barbiturates (certain sleeping pills), antihistamines (medicines to treat allergies), etc.
- increases the heart rate-accelerating effects of substances such as sympathomimetic drugs (medicines to improve circulation) thyroxine (thyroid medication), etc.
- can increase the pain-relieving effects of paracetamol and some non-steroidal anti-inflammatory drugs (pain relief medication).
- reduces the elimination of theophylline (drug for the treatment of lung diseases).
- increases the dependence potential of ephedrine and related substances.

- Oral contraceptives, cimetidine (drug for the treatment of stomach ulcers) and disulfiram (drug to treat alcohol dependence) decrease the breakdown of caffeine in the liver. Barbiturates (some sleeping pills) and smoking speed it up.
- DNA gyrase inhibitors of the 4-quinolone group (medicines to treat infections) can delay the elimination of caffeine and its metabolite paraxanthine.

Paracetamol:
Interactions are possible with
- anti-gout medicines , such as probenecid: in the event of the simultaneous use of probenecid, the dose of Melabon® K should be reduced, because the elimination of Melabon® K can be delayed.
- sleeping pills, such as Phenobarbital.
- medicines to treat epilepsy, such as phenytoin, carbamazepine.
- medicines to treat tuberculosis (rifampicin).
- other medicines that are potentially damaging to the liver.
  Under some circumstances, liver damage may occur if Melabon® K is used at the same time.
- anti-nausea medication (metoclopramide and domperidone): these can speed up the absorption of Melabon® K and decrease the time needed for it to take effect.
- medicines to reduce elevated blood lipid levels (cholestyramine): these can reduce the absorption and thus the effectiveness of Melabon® K.
- Medicines which slow-down gastric emptying: absorption and onset of effect may be delayed.
- medicines for treating HIV infection (zidovudine): the tendency to reduce the number of white blood cells (neutropenia) is increased. Therefore, Melabon® K should only be taken at the same time as zidovudine after medical advice has been sought.

Effects of taking Melabon® K on laboratory tests
Measurement of uric acid and blood sugar may be affected.

Melabon® K with alcohol
Where possible you should avoid drinking alcohol while using Melabon® K, as alcohol consumption can increase the risk of stomach and intestinal ulcers.

Pregnancy, breast-feeding and fertility
If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Pregnancy
In the first and second trimester of pregnancy, you must only take Melabon® K after first consulting your doctor. You should not take Melabon® K during the last three months of pregnancy as there is an increased risk of complications for mother and child.

Breast-feeding
The active ingredients aspirin, paracetamol and caffeine pass into breast milk. With short-term use or the use of low doses, interruption of breast-feeding is generally not required. The health and behaviour of the infant can be affected by the caffeine consumed with the breast milk.
In the event of prolonged use or the use of higher doses, breast-feeding should be stopped.

Fertility
Aspirin, one of the active ingredients of Melabon® K, belongs to a group of medicines (NSAIDs) that can impair fertility in women. This effect is reversible after discontinuation of the medicine.

Driving and using machines
No specific precautions are necessary.

3. How to take Melabon® K
Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is:

Age	Individual dose	Total daily dose
Adults and children over 12 years	1 - 2 tablets (corresponding to 250-500 mg aspirin, 250-500 mg paracetamol and 50-100 mg caffeine)	up to 6 tablets (corresponding to 1500 mg aspirin, 1500 mg paracetamol and 300 mg caffeine)

If necessary, the individual dose can be taken at intervals of 4-8 hours up to 3 times daily.

Take the tablets with plenty of fluids (such as a glass of water).
Do not take on an empty stomach.

The score line is only there to help you break the tablet if you have difficulty swallowing it whole.

If you take more Melabon® K than you should
To prevent the risk of overdose, you should make sure that none of the other medicines that you are taking at the same time also contains paracetamol.
For adults, the total daily dose of paracetamol must not exceed 4 g (i.e., 4000 mg paracetamol).
In the event of overdose, symptoms generally develop within 24 hours and include nausea, vomiting, loss of appetite, pallor, and abdominal pain. Dizziness and ringing in the ears can also be signs of serious poisoning, especially in children and elderly patients. Other signs may include heart problems and an accelerated pulse.
If you suspect that a higher than recommended quantity of Melabon® K has been taken, please contact the nearest doctor for help.
He or she can then make a decision about any measures that may be necessary, depending on the severity of the overdose/poisoning.

If you forget to take Melabon® K
Do not take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

4. Possible side effects
Like all medicines, this medicine can cause side effects, although not everybody gets them.

The list of the following adverse effects includes all known side effects of treatment with aspirin, paracetamol and caffeine, including those from high-dose, long-term treatment.

The frequency data for side effects are based on the following categories:

Very common: more than 1 in 10 patients treated
Common: between 1 and 10 patients treated per 100
Uncommon: between 1 and 10 patients treated per 1,000
Rare: between 1 and 10 patients treated per 10,000
Very rare: fewer than 1 patient treated per 10,000
Unknown: frequency cannot be estimated from the available data

Blood and lymphatic system disorders
Bleeding, such as nosebleeds, bleeding gums or bleeding skin, with a possible prolongation of bleeding time. This effect can persist for 4 to 8 days after use.
In rare to very rare cases, serious bleeding, such as bleeding on the brain, has been reported, especially in patients with uncontrolled high blood pressure and/or simultaneous treatment with anticoagulants (blood thinners), and this can be life-threatening in some cases.
Very rare:
Reduction in the number of platelets or white blood cells (thrombocytopenia, agranulocytosis).

Immune system disorders
Uncommon:
Hypersensitivity reactions, for example, skin reactions.
Rare:
Hypersensitivity reactions (for example, skin redness, oedema, perspiration or even urticaria), potentially with a drop in blood pressure, episodes of shortness of breath, allergic shock, swelling of the face, tongue and throat (angioedema), especially in asthmatics.

Nervous system disorders
Insomnia, agitation, headaches, dizziness, impaired hearing. Ringing in the ears (tinnitus) and mental confusion may be signs of an overdose.

Cardiovascular disorders
Accelerated heart rate (tachycardia)

Gastrointestinal disorders
Common:
Gastrointestinal symptoms such as heartburn, nausea, vomiting, diarrhoea

Rare:
Gastrointestinal bleeding, which can cause iron deficiency anaemia in very rare cases. Gastrointestinal ulcers, occasionally with bleeding and perforation. These side effects have occurred in elderly patients in particular. In the event of intense pain in the upper abdomen, vomiting of blood, blood in stools, or black colouration of stools, Melabon® K must be discontinued and you must inform a doctor immediately.

Hepatobiliary disorders
Rare:
Increased liver values have been observed.

Skin and subcutaneous tissue disorders
Very rare:
Severe skin reactions such as skin rash with redness and blistering (e.g., erythema multiforme).

If you experience the aforementioned side effects, Melabon® K should not be used again.
Please inform your doctor so that he/she can judge their severity and decide whether any action is required.

Reporting of side effects
If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

You can also report side effects directly (see details below). By reporting side effects you can help provide more information on the safety of this medicine.

Germany:
Bundesinstitut für Arzneimittel und Medizinprodukte
[Federal Institute for Drugs and Medical Devices]
Abt. Pharmakovigilanz
[Department of Pharmacovigilance]
Kurt-Georg-Kiesinger Allee 3
D-53175 Bonn
Website: http://www.bfarm.de

Luxembourg:
Direction de la Santé – Division de la Pharmacie et des Médicaments
[Health Department - Unit for Pharmacy Services and Medicinal Products]
Villa Louvigny – Allée Marconi
L-2120 Luxembourg
Website: http://www.ms.public.lu/fr/activites/pharmacie-medicament/index.html

5. How to store Melabon® K
Do not store above 30°C.

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton and the container after "Expiry date". The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Melabon® K contains
The active substances are: aspirin, paracetamol, and caffeine

1 tablet contains 250 mg aspirin, 250 mg paracetamol and 50 mg caffeine

The other ingredients are:
Microcrystalline cellulose; talc; maize starch; hypromellose; colloidal silica; polydimethylsiloxane; methyl cellulose; sorbic acid (Ph. Eur.)

What Melabon® K looks like and contents of the pack
White, round tablets. One side with score line, and "m" debossed on the other side.

Melabon® K is available in packs of 20 tablets.

Marketing Authorisation Holder:
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Pharmaceutical company and manufacturer
MEDICE Arzneimittel Pütter GmbH & Co. KG, Kuhloweg 37, 58638 Iserlohn, Tel.: +49 2371 937-0, Fax: +49 2371 937-106, E-mail: info@medice.de, www.medice.de

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