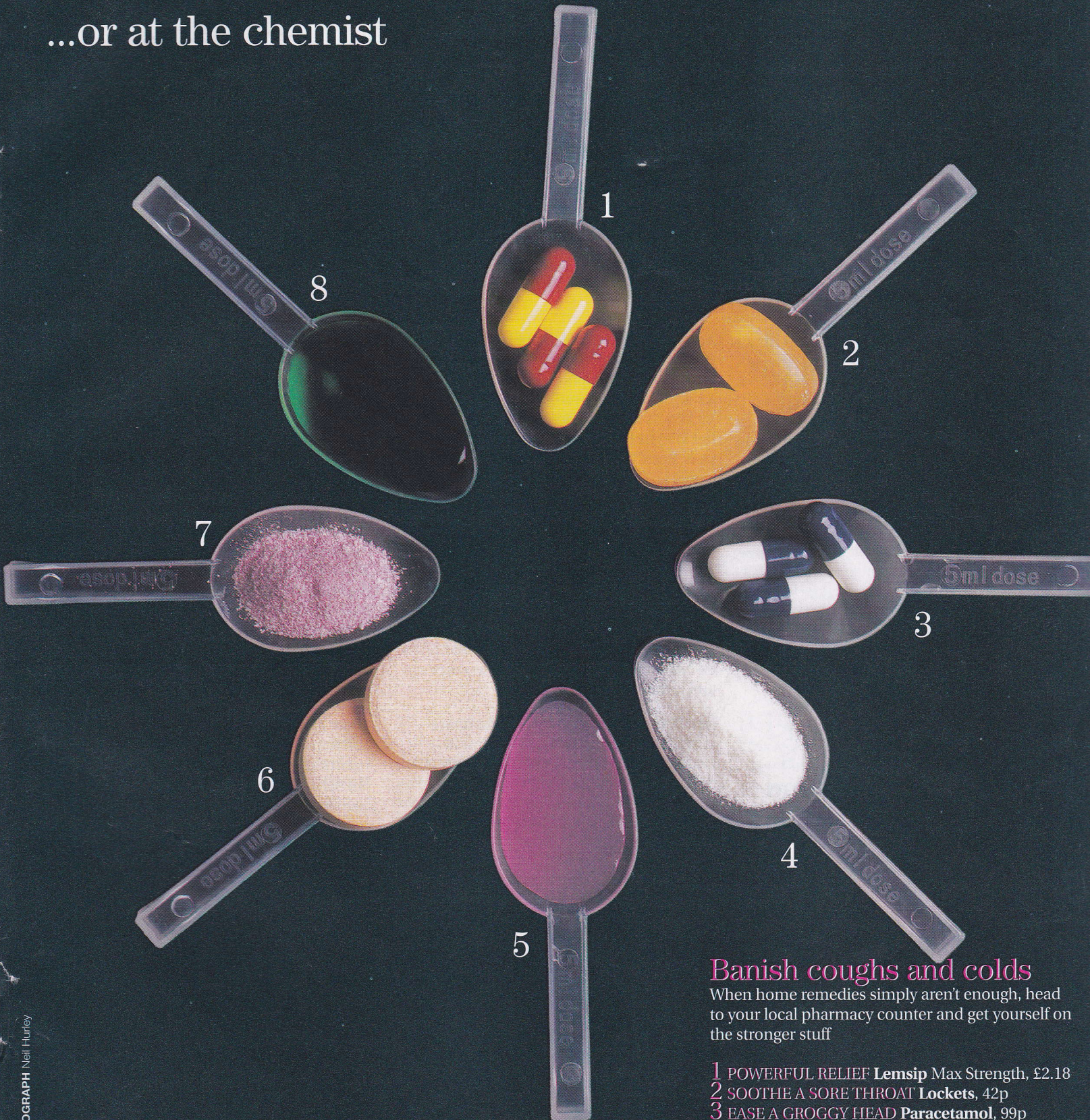


...or at the chemist



## Banish coughs and colds

When home remedies simply aren't enough, head to your local pharmacy counter and get yourself on the stronger stuff

- 1 POWERFUL RELIEF **Lemsip** Max Strength, £2.18
- 2 SOOTHE A SORE THROAT **Lockets**, 42p
- 3 EASE A GROGGY HEAD **Paracetamol**, 99p
- 4 GOOD ALL-ROUNDER **Asda** Max Strength Cold and Flu Relief Sachets, £1.96
- 5 CALM ILL KIDS **Calpol**, £4.59 for 200ml
- 6 UP DEPLETED ENERGY LEVELS **Berocca**, £8.89 for 30 effervescent tablets
- 7 FEND OFF THE FLU **Beechams** Cold and Flu Hot Blackcurrant, £1.98
- 8 CURE YOUR COLD **Covonia**, Cold and Flu Formula, £4.49 for 160ml