



CLINICAL INSIGHTS

EXCEL Division of Blue Cross Laboratories

KOLQ+ TABLETS

Issue IX, No.26, 2026

Clinical effectiveness and safety of a fixed-dose combination of paracetamol, phenylephrine, and chlorpheniramine in adults with common cold: A prospective, randomized, assessor-blinded real-world study

Trailokya et al International Journal of Recent Innovations in Medicine & Clinical Research 2026;8(1):21–28

- The common cold is the most frequently occurring, self-limiting, respiratory illness that inflicts major discomfort and socioeconomic burden. Symptomatic management remains the mainstay of treatment, and fixed dose combinations (FDCs) targeting multiple symptoms are extensively utilized.
- FDC of paracetamol 500 mg, phenylephrine hydrochloride 10 mg, and Chlorpheniramine maleate 2 mg in adults with common cold was studied through this prospective, randomized, assessor blinded, parallel group study enrolled 100 adults with common cold. FDC formulation thrice daily for 5 days.
- Primary efficacy was measured by the change in Modified Jackson's Score from baseline to Day 3 and Day 5. Secondary outcome included changes in individual symptom score, time to first noticeable relief and patient satisfaction. Occurrence of any adverse events (AEs) was documented throughout the study.
- The patients demonstrated significant reductions in total symptom scores on Day 3 and Day 5 ($p < 0.05$). By Day 5, percentage reduction exceeded 80%. Most individual symptoms improved substantially with no serious AEs being reported.

FDC of Paracetamol-Phenylephrine Chlorpheniramine substantially alleviates common cold symptoms in adults.

