Spreadsheet listing children's medicines, additives and any warnings regarding possible side-effects. Published 10th March 2007 by The Food Commission (UK) see http://www.foodcomm.org.uk

Medicine	Colours (azo dyes)				Preservatives (benzoates and sulphites)										Sweeteners						Other	Flavourings present?	Warning of side effects
	E110: Sunset Yellow	E122 Carmoisine	E123 Amaranth	E124 Ponceau 4R	E210: Benzoic acid	E211: Sodium Benzoate	E214: Ethyl hydoxybenzoate	E216: Propyl hydroxybenzoate	E217 Sodium Propyl hydroxybenzoate	E218 Methyl hydroxybenzoate	E219 Sodium Methyl hydoxybenzoate	E221 Sodium Sulphite	E223 Sodium Metabisulphite	Mixed esters of para-hydroxybenzoic acid	E420 Sorbitol	E950 Acesulfame	E952 Sodium cyclamate	E954 Saccharin	E965 Maltitol	E967 Xylitol	Chloroform		
Anbesol teething gel				E124														E954				no	
Beechams Veno's for kids chesty cough syrup 2+															E420		E952	E954				yes	
Benadryl Allergy oral solution 2yrs+								E216		E218					E420			E954				yes	...includes methyl parahydroxybenzoate (E218) and propyl parahydroxybenzoate (E216) which may cause allergic reactions (possibly delayed).
Benylin children's tickly coughs 3 mths+						E211													E965			yes	This product contains maltitol which may have a mild laxative effect.
Benylin children's coughs and colds (1-12 years)						E211				E218								E954	E965			yes	...contains sodium benzoate, which may irritate the skin, eyes and mucosal surfaces, and methyl hydroxybenzoate, which may cause skin reactions such as contact dermititis and more rarely wheezing.
Benylin children's Chesty coughs (1-12)						E211									E420			E954				yes	...contains sodium benzoate, which may irritate the skin, eyes and mucosal surfaces. Each 5ml of product contains 1.78g of sorbitol, which can cause stomach upset and diarrhoea when taken in large doses.
Benylin children's Dry coughs (1-12)						E211										E950			E965			yes	...contains sodium benzoate, which may irritate the skin, eyes and mucosal surfaces.
Benylin children's night coughs (1-12)						E211									E420			E954				no	...contains sodium benzoate, which may irritate the skin, eyes and mucosal surfaces. Each 5ml of product contains 1.78g of sorbitol, which can cause stomach upset and diarrhoea when taken in large doses.
Boots Dry Couth Syrup 1yr+						E211										E950			E965			yes	This product contains maltitol liquid which may have a mild laxative effect.
Boots Night Time Cough Syrup 1yr+																E950			E965			yes	
Boots Pain Relief 3mths+										E218					E420	E950						yes	Methyl hydroxybenzoate (E218) may cause allergic reactions (possibly delayed).
Boots Pain Relief Paracetamol Suspension 3mths+									E217		E219					E950		E954	E965			yes	E217 and E219 may cause allergic reactions (possibly delayed)
Bonjela teething gel																	E952					yes	
Buttercup Infant cough syrup 2yrs +	E110	E122							E217		E219							E954			Chloroform	no	
Calgel Teething Gel 3mths+															E420			E954		E967		yes	
Calpol Paracetamol 2mths+		E122					E214	E216		E218					E420				E965			yes	Methyl (218), propyl (216) and ethyl (E214) parahydroxybenzoate may cause allergic reactions which could possibly be delayed. Maltitol may have a mild laxative effect. Carmoisine (E122) may cause allergic reactions.
Calprofen Ibuprofen 6mths+								E216		E218								E954	E965			yes	… also contains parahydroxybenzoates which may cause allergic reactions (possibly delayed)
Cuprofen for children (Ibuprofen) 6mths+						E211		E216		E218					E420			E954	E965			yes	There is a possibility the ingredients Sorbitol and Maltitol may cause diarrhoea. Also contains Sodium Benzoate. Benzoic Acid is a mild irritant to the skin, eyes and mucous membrane.
Dentinox teething gel															E420			E954		E967		yes	
Disprol Paracetamol Suspension 3mths+								E216		E218								E954				yes	contains… benozates that may rarely cause an allergic reaction
Infacol colic treatment, from birth								E216		E218								E954				yes	
Medinol Under 6 paracetamol 3mths+								E216		E218							E952	E954				yes	
Medised pain and fever relief 3mths+					E210		E214	E216		E218					E420		E952	E954	E965			yes	...contains parahydroxybenzoates which may cause allergic reactions (possibly delayed)
Meltus Chesty Coughs 1yr+															E420		E952	E954				yes	
Meltus Baby Cough Linctus 3mths+								E216		E218					E420			E954				yes	Sorbitol can cause stomach upset and diarrhoea.
Meltus Dry Coughs 2yrs+								E216		E218					E420		E952	E954			yes	yes	
Morrisons Junior Paracetamol 3mths+															E420	E950		E954	E965			yes	...there is a possibility the ingredients sorbitol and maltitol may cause diarrhoea.
Nurofen (for children) 3mths +																		E954	E965			yes	Maltitol may have a mild laxative effect
Piriton allergy syrup 1yr+														Mixed esters of para-hydroxybenzoic acid								yes	Fast relief from: …Reactions to food additives.
Sudafed Children's Syrup 2yrs+				E124		E211				E218												yes	The colouring in this product may cause allergic reactions, including asthma. Methyl hydroxybenzoate may cause allergic reactions such as skin rash; this may occur after a few days.
Superdrug Children's Chesty Cough Syrup 1yr+			E123				E214	E216		E218												no	E123, E214, E216 & E218 may cause allergic reactions (possibly delayed).
Superdrug Children's Dry Cough Syrup 1yr+																						yes	
Superdrug Junior Ibuprofene Suspension 6mths+						E211			E217		E219							E954	E965			yes	… contains Maltitol Liquid. May have a mild laxative effect. ...Also contains Sodium Methyl Parahydroxybenzoate (E219) and Sodium Propyl Parahydroxybenzoate (E217). May cause allergic reactions (possibly delayed)
Superdrug Junior Paracetamol Suspension 3mths+									E217		E219				E420	E950		E954	E965			yes	…there is a possibility the ingredients sorbitol and maltitol may cause diarrhoea.
Tesco Children's Ibuprofen 6mths+								E216		E218								E954	E965			yes	
Tixylix Baby Syrup 3mths+						E211													E965			yes	
Tixylix Cough & Cold 1yr+						E211									E420	E950		E954				yes	
Tixylix chesty cough syrup 1yr +						E211									E420	E950		E954				yes	
Tixylix Dry Cough syrup 1yr+						E211										E950			E965			yes	
Tixylix Night Cough syrup 1yr+						E211						E221	E223			E950		E954	E965			yes	Sulphites may rarely cause hypersensitivity reactions and bronchospasms (contraction of the airways).
Unichem Junior Ibuprofen Suspension 6mths+						E211			E217		E219				E420			E954	E965			yes	May cause a mild laxative effect. Also contains sodium methyl parahydroxybenzoate (E219) and sodium propyl parahydroxybenzoate (E217). May cause allergic reactions (possibly delayed).