Paracetamol **date of update 4 May 2026**

AVOID products which contain flavours and/or colours (as do many for children).

If you want to avoid preservatives in products, ask your dietitian or search for ‘paracetamol’ at https://www.tga.gov.au/resources/artg

Be careful as preservatives used in medications and cosmetics may be different from those used in food (eg hydoxybenzoates are not used in foods but are permitted in pharmaceutical items).

No preservative

APOHEALTH PARACETAMOL LIQUID CAPSULES paracetamol 500 mg soft capsule blister pack

APOHEALTH Paracetamol Pain Relief paracetamol 500 mg film coated tablet bottle

NOUMED PARACETAMOL 500 mg tablet bottle and blister pack

PHARMACY HEALTH PARACETAMOL SOLUBLE paracetamol 500 mg tablet strip pack (BUT aspartame 951 and saccharin 954)

PRICELINE PHARMACY PARACETAMOL SOLUBLE paracetamol 500 mg tablet strip pack (BUT aspartame 951 and saccharin 954)

TERRYWHITE CHEMMART PARACETAMOL 500 MG LIQUID CAPSULES soft capsule blister pack (BUT capsule shaped tablet blister pack contains sorbate 202 AND 500 mg tablet strip pack contains aspartame 951 and saccharin 954)

These below without preservatives all appear to be provided by the same manufacturer BUT contain a lot of other unnecessary chemicals*, even caffeine.

ANODYNE PARACETAMOL CAPLETS 500 mg tablet bottle and blister pack *

COLES PARACETAMOL 500mg soft capsule blister pack *

HELP@HAND FOR PAIN RELIEF PARACETAMOL 500 mg soft gel capsule blister pack *

MEDICHOICE PARACETAMOL EXTRA soft gelatin capsule blister pack (caffeine!)*

MEDIX PARACETAMOL 500 mg soft gel capsule blister pack *

PANADOL EXTRA film-coated tablet blister pack (caffeine!)

PHARMACY CHOICE PARACETAMOL 500 MG LIQUID CAPSULES soft capsule blister pack *

PRICELINE PARACETAMOL 500 MG LIQUID CAPSULES soft capsule blister pack *

butan-1-ol
ethanol
Gelatin
glycerol
iron oxide black
isopropyl alcohol
macrogol 400
partially dehydrated liquid sorbitol
propylene glycol
purified water

Shellac
simethicone
sorbitan mono-oleate
strong ammonia solution
sulfuric acid
titanium dioxide

Contain preservative or non-failsafe additives as shown

AMCAL PARACETAMOL INFANT DROPS paracetamol 100 mg/mL oral liquid bottle (477768) (hydroxybenzoates)

AMCAL PARACETAMOL paracetamol 500 mg caplet shaped tablets bottle (metabisulphite)

APOHEALTH PARACETAMOL GELTABS paracetamol 500 mg gelatin coated tablet blister pack (Allura Red AC 129 AVOID)

APOHEALTH PARACETAMOL Children’s versions (flavour, menthol, methyl hydroxybenzoate and propyl hydroxybenzoate, saccharin)

ASSISTPRO PARACETAMOL paracetamol 500 mg tablet blister pack (metabisulphite)

CHEMISTS' OWN PARACETAMOL CAPLETS paracetamol 500 mg tablet blister pack (sorbate)

GUARDIAN PARACETAMOL paracetamol 500 mg caplet shaped tablets blister pack (metabisulphite)

NEO-EFF paracetamol 500 mg effervescent tablet strip pack (benzoate)

PANADOL TABLETS (sorbate)

SLADE'S PANADOL paracetamol 500mg tablet blister pack (sorbate)