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PATIENT INFORMATION LEAFLET

HOLLAND & BARRETT

VALERIAN CAPSULES
Valerian Root Extract 337mg

Important Notes

Please read this leaflet carefully before you use this product as it contains important information

- ◆ Keep this leaflet; you may need to read it again
- ◆ Seek professional advice if you need more information
- ◆ Please tell a Doctor or a qualified Healthcare Practitioner if your symptoms worsen or do not improve after 4 weeks of taking this product
- ◆ Please tell a Doctor or a qualified Healthcare Practitioner if you suffer from side effects not listed in this leaflet or if any of the side effects become serious

In this leaflet

- 1 What this product is and what it is used for
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1 - What this product is and what it is used for

Holland & Barrett Valerian Capsules is a traditional herbal medicinal product used for the temporary relief of symptoms of mild anxiety and to aid sleep. This is based on traditional use only.

2 - Before you take this product

Do not take this product if you are:

- ◆ Under 18 years of age
- ◆ Pregnant or breastfeeding
- ◆ Allergic to Valerian or any of the ingredients in this product
- ◆ Already taking a medicine for sleep or anxiety

The effects of this product may be increased by alcohol. Excessive use of alcohol should therefore be avoided.

Driving and using machines:

If you feel sleepy, do not drive or operate machines.

3 - How to take this product

For the temporary relief of symptoms of mild anxiety - Take 1 capsule 3 times daily.

To aid sleep - Take 1 capsule 30 minutes to 1 hour before bedtime with an earlier dose during the evening if necessary. Swallow the whole capsule with water.

As the effects of this product may not occur immediately, the capsule should be taken continuously for 2 - 4 weeks.

Do not exceed the stated dose.

The maximum dose is 4 capsules per day.

If you take too much of the product (overdose): Speak to a Doctor or a qualified Healthcare Practitioner immediately and take this leaflet and bottle with you.

If you forget to take this product: Do not take a double dose to make up for the missed dose(s). Continue to take your usual dose at the usual time. It does not matter if you have missed a dose.

Duration of use: If symptoms worsen or do not improve after 4 weeks, a Doctor or a qualified Healthcare Practitioner should be consulted.

4 - Possible side effects

Like all medicines, Valerian can have side effects. Possible side effects are:

- ◆ Abdominal cramps
- ◆ Nausea

The frequency of these effects occurring is not known. If these symptoms persist for more than a few days or become troublesome, stop taking this product.

Tell a Doctor or a qualified Healthcare Practitioner if you notice any other side effects.

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Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard By reporting side effects you can help provide more information on the safety of this medicine.

5 - How to store this product

- ◆ Keep the capsules in the bottle until it is time to take them
- ◆ Store in the original packaging
- ◆ Do not take the capsules after the expiry date (see outer label)
- ◆ Store the capsules below 25°C
- ◆ Keep the bottle tightly closed
- ◆ Keep the capsules out of sight and reach of children

6 - Further information

About this product: This product is a traditional herbal medicinal product containing Valerian. Each capsule contains 337mg of extract (as dry extract) from Valerian root (*Valeriana officinalis* L) (equivalent to 1683mg-2020mg of Valerian root). Extraction solvent: Ethanol 70% v/v. **This product also contains the following inactive (excipient) ingredients:** Magnesium stearate.

Excipients in the extract: Maltodextrin, Silica colloidal anhydrous.

Capsule shell: Hypromellose, Each bottle contains 30 or 60 clear; two piece capsules.

After taking this product: You must speak to a Doctor or a qualified Healthcare Practitioner:

- ◆ If your symptoms get worse
- ◆ If your symptoms do not improve after 4 weeks
- ◆ If side effects not listed in this leaflet occur

THR 21710/0001

Traditional Herbal Registration Holder
Holland & Barrett International Limited
Samuel Ryder House
Barling Way
Nuneaton
Warwickshire, CV10 7RH
United Kingdom

Manufacturer

Wiewelhove GmbH,
Dörnebrink 19, 49479 Ibbenbüren, Germany

If you would like further information about this product, please contact:

Holland & Barrett International Limited
Regulatory Services Department
Samuel Ryder House
Barling Way
Nuneaton
Warwickshire, CV10 7RH
United Kingdom

Is this leaflet hard to see or read?

Contact us on:

Telephone: +44 (0) 2476 215 400

Fax: +44 (0) 2476 215 452

Email:

customerservices@hollandandbarrett.com

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