

## PATIENT INFORMATION LEAFLET

### **HOLLAND & BARRETT**

#### **RASPBERRY LEAF CAPSULES** **Raspberry Leaf Extract 424mg**

#### **Important notes**

- ◆ Please read this leaflet carefully before you use this product because 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 1 week of taking this product
- ◆ Please tell a Doctor or a qualified Healthcare Practitioner if you suffer from side effects not listed in this leaflet and/or if any of the side effects become serious

#### **In this leaflet**

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

This product contains Raspberry Leaf extract. It is a traditional herbal medicinal product used for the symptomatic relief of menstrual cramps. 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 Raspberry Leaf or any of the ingredients listed in section 6 of this leaflet

Raspberry leaf may decrease the absorption of iron, calcium and magnesium. Therefore do not take this product for at least 2 hours after taking iron, calcium and/or magnesium supplements.

#### **3 - How to take this product**

For oral use only.

**Women experiencing menstrual cramps:** Take 1 capsule 2 times daily. Swallow the whole capsule with water.

**Do not exceed the stated dose.**

**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 1 week of taking this product or if any of the side effects listed in the leaflet become serious or if side effects not listed in the leaflet occur, a Doctor or a qualified Healthcare Practitioner should be consulted.

#### **4 - Possible side effects**

Like all medicines, this product can cause side effects, although not everybody gets them. Possible side effects are:

- ◆ Gastrointestinal effects such as flatulence, bloating, diarrhoea, nausea and vomiting.

The frequency is not known.

If any of the above side effects become serious or if you experience any other side effects not listed above, consult your Doctor, Pharmacist or a qualified Healthcare Practitioner.

#### **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](http://www.mhra.gov.uk/yellowcard)

By reporting side effects you can help provide more information on the safety of this medicine.

More information on back panel

## 5 - How to store this product

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

## 6 - Further information

Each hard capsule contains 424mg of extract (as dry extract) from Raspberry Leaf (*Rubus idaeus* L. ssp. *idaeus*) (equivalent to 1.7g-3.4g of Raspberry Leaf).

Extraction solvent: Ethanol 70%v/v.

**This product also contains the following inactive (excipient) ingredients:**

Microcrystalline cellulose, Magnesium stearate, Silica colloidal hydrated.

**Excipients in the extract:** Maltodextrin, Silica colloidal anhydrous.

**Capsule shell:** Hypromellose.

Each bottle contains 30 clear, hard, two piece capsules with greenish brown fill.

THR 21710/0013

### Traditional Herbal Registration Holder

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Is this leaflet hard to see or read?

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