

## PATIENT INFORMATION LEAFLET FOR

# HOLLAND & BARRETT

## DEVIL'S CLAW HARD CAPSULES

Devil's Claw root extract

### Important notes

Please read this leaflet carefully before you take this traditional herbal medicine because it contains important information for you:

- ◆ Always use this traditional herbal medicine exactly as described in this leaflet or as your doctor or pharmacist has told you
- ◆ Keep this leaflet. You may need to read it again
- ◆ Ask a healthcare professional e.g. a doctor or a pharmacist if you need more information or advice
- ◆ If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet
- ◆ You must talk to a doctor if you feel worse or do not feel better after 4 weeks

### What is in this leaflet

- 1 What this traditional herbal medicine is and what it is used for
- 2 What you need to know before you take this traditional herbal medicine
- 3 How to take this traditional herbal medicine
- 4 Possible side effects
- 5 How to store this traditional herbal medicine
- 6 Contents of the pack and other information

### 1 - What this traditional herbal medicine is and what it is used for

Holland & Barrett Devil's Claw Hard Capsules is a traditional herbal medicinal product used for the relief of minor joint pain in adults, exclusively based upon long-standing use.

### 2 - What you need to know before you take this traditional herbal medicine

Do not take this traditional herbal medicine if you are :

- ◆ Allergic to Devil's Claw or any of the other ingredients in this traditional herbal medicine (listed in Section 6)

#### Warnings and Precautions

Talk to your doctor or pharmacist before taking this traditional herbal medicine if you:

- ◆ Suffer from or have had duodenal or stomach ulcers

- ◆ Have heart problems and want to take this traditional herbal medicine
- ◆ Have joint pain accompanied by swelling or redness of the joint, or a fever
- ◆ If your symptoms worsen, persist for more than 4 weeks or new symptoms develop, consult your doctor or pharmacist

#### Children and adolescents

Do not give this traditional herbal medicine to children or adolescents under the age of 18 as it is not known if it is safe to do so.

#### Other medicines and Holland & Barrett Devil's Claw Hard Capsules

Always remember to tell your doctor or pharmacist about any medication you are taking including herbal medicines such as this one or other medicines that didn't require a prescription.

#### Pregnancy, breastfeeding and fertility

Do not take this traditional herbal medicine if you are pregnant, breastfeeding or planning to have a baby.

#### Driving and using machines

Some patients may experience dizziness or drowsiness while taking this traditional herbal medicine, which may affect the ability to drive and use machines. If affected, do not drive or use machines.

### 3 - How to take this traditional herbal medicine

Always take this traditional herbal medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

#### For oral short-term use only.

#### Adults and older people:

Take 1 capsule 2 times daily, immediately after food. Swallow the whole capsule with water. Take 1 capsule in the morning and 1 in the evening.

The maximum dose is 2 capsules per day.

#### Do not exceed the stated dose.

#### If you take too much of this traditional herbal medicine (overdose):

Speak to a qualified healthcare professional e.g. a doctor or pharmacist immediately and take this leaflet and bottle with you.

#### If you forget to take this traditional herbal medicine:

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.

#### 4 - Possible side effects

Like all medicines, this traditional herbal medicine can have side effects, although not everybody gets them.

Possible side effects are:

- ◆ Nausea (feeling sick), abdominal pain, diarrhoea and vomiting
- ◆ Headache and dizziness
- ◆ Allergic skin reactions, itching and/or rash

#### 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:

HPRa Pharmacovigilance  
Earlsfort Terrace  
IRL - Dublin 2

Tel: +353 1 6764971

Fax: +353 1 6762517

Website: [www.hpra.ie](http://www.hpra.ie)

E-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie)

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

Microcrystalline cellulose, Magnesium stearate, Silica colloidal hydrated.

#### Inactive ingredients in the extract:

Maltodextrin, Silica colloidal anhydrous.

**Capsule shell:** Hypromellose.

#### What Holland & Barrett Devil's Claw Hard

#### Capsules looks like and contents of the pack:

Each bottle contains 50 or 100 clear, hard, two piece capsules with grey/brown fill.

#### TR 1563/6/1

#### Traditional Herbal Registration Holder

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

#### Manufacturer

Holland & Barrett International Limited  
Vitality House  
Sixth Avenue  
Centrum 100  
Burton-on-Trent  
Staffordshire  
DE14 2WP  
United Kingdom

#### 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](mailto:customerservices@hollandandbarrett.com)

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#### 5 - How to store this traditional herbal medicine

- ◆ Keep this traditional herbal medicine in the bottle until it is time to take it
- ◆ Do not use this traditional herbal medicine after the expiry date which is stated on the carton and bottle label after 'EXP'. The expiry date refers to the last day of that month
- ◆ Do not store above 25°C
- ◆ Keep the bottle tightly closed in order to protect from light and moisture
- ◆ Keep the capsules out of sight and reach of children

#### 6 - Contents of the pack and other information

#### What this traditional herbal medicine contains:

Each hard capsule contains 427mg of extract (as dry extract) from Devil's Claw root

(*Harpagophytum procumbens* D.C. and/or *H.*

*zeyheri* L. Decne, radix) (equivalent to

1493mg-2133mg of Devil's Claw root).

Extraction solvent: Ethanol 60% v/v.

#### This traditional herbal medicine also contains the following inactive ingredients (excipients):

Calcium hydrogen phosphate dihydrate,