

PATIENT INFORMATION LEAFLET

HOLLAND & BARRETT

ECHIFLU ECHINACEA CAPSULES

Dried juice of *Echinacea purpurea* herb 176mg

Important notes

- ◆ Please read this leaflet carefully before you start taking these capsules: It contains some important information about Holland & Barrett Echiflu Echinacea Capsules
- ◆ Keep this leaflet with the capsules: You may want to read it again or show it to your doctor, pharmacist or qualified healthcare practitioner

What is in this leaflet

- 1 What this product is and what it is used for
- 2 Before you take this product
- 3 How to take this product
- 4 Possible side-effects
- 5 How to store this product
- 6 Further information

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

This product contains *Echinacea purpurea* herb. It is a traditional herbal medicinal product used to relieve the symptoms of the common cold and influenza type infections, based on traditional use only.

2 - Before you take this product

Do not take this product if you:

- ◆ Are allergic to any of the ingredients or to plants of the Asteraceae/ Compositae family such as daisies, marigolds or artichokes (see section 6)
- ◆ Have a tendency to allergies such as hives, allergic eczema or asthma
- ◆ Are allergic to peanut, soya or their oils.
This product contains soya oil.
- ◆ Are pregnant or breastfeeding
- ◆ Suffer from the infection tuberculosis
- ◆ Suffer from connective tissue disease such as sarcoidosis
- ◆ Suffer from autoimmune diseases such as inflammation of the connective tissue (collagenoses) or multiple sclerosis
- ◆ Suffer from conditions which reduce your immunity to infection such as HIV infection or AIDS

- ◆ Are on therapy which reduces your resistance to infection such as cancer drug treatment or radiotherapy, history of organ or bone marrow transplant
- ◆ Suffer from blood disorders involving the white blood cells count due to bone marrow disorders (agranulocytosis) or leukaemia
- ◆ Are taking immunosuppressant medicines such as ciclosporin or methotrexate
- ◆ Are under 12 years of age

If symptoms worsen, or if you experience high fever, or if symptoms persist for more than 10 days, a doctor or qualified healthcare practitioner should be consulted

Consult your doctor before taking this product

- ◆ If you are prone to develop allergic reactions. Echinacea can trigger severe and life threatening allergic reactions in patients who have a tendency to allergic reactions

This product contains sorbitol. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product.

3 - How to take this product

Adults, elderly and children over 12 years of age: Take 1 to 2 capsules daily. Swallow them whole with some water or other liquid. Start taking at the first sign of a cold or flu. Do not take for longer than 10 days.

Do not take more capsules than the leaflet tells you to.

This product is not suitable for children under 12 years of age.

If you take too much of this product (overdose): If you take more than the recommended dose, speak to a doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

If you forget to take this product: Do not take a double dose to make up for a forgotten dose. Continue to take your usual dose at the usual time. It doesn't matter if you miss a dose.

If you have any questions, or are unsure about anything, please ask a doctor, pharmacist or qualified healthcare practitioner.

4 - Possible side-effects

Like all medicines, Holland & Barrett Echinflu Echinacea Capsules can have side-effects, although not everyone gets them. Stop taking Echinflu Echinacea Capsules and check with your doctor, pharmacist or qualified healthcare practitioner if any of the following side-effects occur:

Allergic (hypersensitive) reactions such as:

- ◆ Rash
- ◆ Hives
- ◆ Inflammatory disorder of the skin (Stevens-Johnson Syndrome)
- ◆ Swelling of the skin due to fluid
- ◆ Swelling of the facial area (Quincke's oedema)
- ◆ Shrinking of the airways in the lungs with obstruction (bronchospasm)
- ◆ Asthma and life-threatening allergic reactions (anaphylactic shock)

Echinacea can trigger allergic reactions in patients who have a tendency to develop allergic conditions. Association with autoimmune diseases has been reported such as:

- ◆ Inflammation of the brain and spinal cord (disseminated encephalitis)
- ◆ Painful lumps on the shins (erythema nodosum)
- ◆ Low blood platelet count (immunothrombocytopenia)
- ◆ Destruction of blood cells by antibodies (Evans Syndrome)
- ◆ Dryness in the mouth and eyes with renal tubular dysfunction (Sjögren Syndrome)

A decrease in the number of white blood cells (leucopenia) may occur in long-term use (more than 8 weeks). The frequency is not known.

After taking this product: You must see a doctor or a qualified healthcare practitioner if your symptoms worsen, if you experience a high fever or your symptoms persist after 10 days. If any of these side-effects become troublesome, or if you notice side-effects not listed in this leaflet, please tell your doctor, pharmacist or 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 or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

5 - How to store this product

- ◆ Do not use your capsules after the expiry date
- ◆ Return any out-of-date capsules to your pharmacist who will dispose of them for you. The expiry date is printed on the box and the blister pack
- ◆ Store the capsules in a cool dry place
- ◆ Do not store above 25°C
- ◆ Keep the capsules out of the reach and sight of children
- ◆ Keep your capsules in the blister pack until it is time to take them
- ◆ There are no special storage requirements for this product.

6 - Further information

Each soft capsule contains 176mg of dried pressed juice from fresh flowering (*Echinacea purpurea* (L.) Moench herb (20-28:1) (equivalent to 3520mg-4928mg of fresh flowering *Echinacea purpurea* (L.) Moench herb), which is the active ingredient.

This product also contains the following ingredients:

Herbal preparation: Maltodextrin, precipitated silicon dioxide, citric acid monohydrate.

Soft capsule: Refined soya-bean oil, refined coconut oil, white beeswax, rice starch, fractionated palm kernel oil, phospholipids from soya-beans, succinylated gelatine, glycerol, non-crystallising sorbitol solution 70%, titanium dioxide E171, ferric (II, III) oxide E172, quinoline yellow E104, patent blue V E131, purified water.

Each pack contains 30 soft capsules

Registration holder for this product

Swiss Caps GmbH
Grassingerstrasse 9, D-83043 Bad Aibling,
Germany

Manufactured for:

Holland & Barrett International Limited by:
Swiss Caps GmbH, Grassingerstrasse 9,
D-83043 Bad Aibling, Germany

**Traditional herbal registration number:
THR 18397/0003**

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

This leaflet was revised on:

January 2019

03A

