

PATIENT INFORMATION LEAFLET

HOLLAND & BARRETT **FEMLIEVE AGNUS CASTUS TABLETS** **Agnus Castus fruit extract 4 mg**

Important notes

- ◆ Please read this leaflet carefully before you start taking these tablets. It contains some important information about Holland & Barrett Femlieve Agnus Castus tablets.
- ◆ Keep this leaflet with the tablets. You may want to read it again or show it to your doctor, pharmacist or qualified healthcare practitioner.

What is in this leaflet

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

This product is a traditional herbal medicinal product containing Agnus Castus fruit. It is a traditional herbal medicinal product used to help relieve symptoms of premenstrual syndrome such as irritability, mood swings, breast tenderness, bloating and menstrual cramps, based on traditional use only.

2 - Before you take this product

- Do not take this product if you are:
- ◆ Pregnant or trying to become pregnant
 - ◆ Breastfeeding
 - ◆ Allergic to any of the ingredients (see section 6)
 - ◆ Suffering from a pituitary disorder
 - ◆ Under 18 years of age
- Tell your doctor before taking this product if you:**
- ◆ Have an intolerance to some sugars (see section 6)
 - ◆ Have had a pituitary disorder in the past
 - ◆ Suffer from, or have suffered from, an oestrogen-sensitive cancer
 - ◆ Are taking any of the following: dopamine receptor antagonist or agonist type medicine, oestrogens or antioestrogens or any other medicines including any bought without a prescription.

3 - How to take this product

For adult women experiencing premenstrual symptoms

Take 1 tablet daily. Try to take the tablet at the same time each day, either in the morning or evening. Swallow the tablet whole with some water or other liquid. Do not chew the tablets. You can take the tablet with or without food. As the effects of this product may not occur immediately, the tablets should be taken continuously for three months.

If symptoms worsen, or persist, or do not improve after 3 months, a doctor or qualified practitioner should be consulted.

Do not take more than the label/leaflet tells you to take.

Do not give to children or adolescents under 18 years old.

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: Continue to take your usual dose at the usual time, it does not matter if you have missed a dose. Do not take a double dose to make up for the missed dose. If you have any questions, or are unsure about anything, please ask your doctor, pharmacist or qualified healthcare practitioner.

4 - Possible side-effects

Like all medicines, this product can have side-effects although not everyone gets them. Possible side effects are:

- ◆ Severe allergic reactions such as swelling the face, breathlessness or difficulty swallowing. If you experience these effects, seek medical advice immediately.

Other side effects reported:

- ◆ Nausea or feeling sick
- ◆ Abdominal pain
- ◆ Menstrual disorders
- ◆ Acne
- ◆ Dizziness
- ◆ Headache
- ◆ Allergic skin reactions such as itching and/or rash of the skin

If any of the above side-effects become serious or if any side-effects not listed above occur, a Doctor or a qualified Healthcare Practitioner should be consulted.

More information on back panel

If you experience any allergic reactions, stop taking this product immediately and consult a Doctor.

Other side effects:

Tell your doctor or pharmacist if you notice any other side effect not mentioned in this leaflet.

Reporting of side effects: If you get any side-effects, talk to your doctor, pharmacist or qualified healthcare practitioner. 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 tablets after the expiry date
- ◆ Return any out-of-date tablets to your pharmacist who will dispose of them for you. The expiry date is printed on the box and the blister pack
- ◆ This medicinal product does not require any special storage conditions
- ◆ Keep the tablets out of the reach and sight of children
- ◆ Keep your tablets in the blister pack until it is time to take them

6 - Further information

Each film-coated tablet contains 4mg of extract (as dry extract) from Agnus castus fruit (*Vitex agnus castus* L) (7-13:1) (equivalent to 28-52mg of Agnus castus). Extraction solvent: Ethanol 60% v/v.

This product also contains the following ingredients:

Tablet core: Liquid glucose, silica colloidal anhydrous, lactose monohydrate, magnesium stearate, maize starch, cellulose microcrystalline, sodium starch glycolate (type A).

Film-Coating: Lactose monohydrate, hypromellose, macrogol 4000, titanium dioxide (E 171), iron (III)-oxide (E 172).

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product. Each film-coated tablet contains 124mg of lactose and 36mg of liquid glucose.

Each pack contains 30 or 60 film-coated tablets.

Registration holder for this product

Schwabe Pharma (UK) Ltd,
Alexander House, Mere Park, Dedmere
Road, Marlow, Bucks, SL7 1FX

Manufactured for:

Holland & Barrett International Limited by:
Wiewelhove GmbH,
Gildestrasse 39, 49477 Ibbenbüren, Germany

Traditional herbal registration number:

THR 23056/0002

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

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Is this leaflet hard to see or read?

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This leaflet was prepared on: 05/2018

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CERTIFICATION MARK

LEAFLET SPEC

HB35285/35286 AGNUS CASTUS LEAFLET

LEAFLET SIZE: 140mm x 180mm (flat)
45mm x 140mm (folded)

BLEED: N/A

BULK: N/A

ISSUE: 00A

BARCODE: N/A

CHANGES FROM LAST PRINT: None

COLOURS:

K

P364

FONTS:

Gil Sans

Times New Roman

FINISH:

LPI:

SCREEN ANGLES:

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COLOUR MATCH: