

## PATIENT INFORMATION LEAFLET

### **HOLLAND & BARRETT** **FEVERFEW MIGRAINE RELIEF CAPSULES** **Feverfew herb 100mg**

#### Important notes

- ◆ Please read this leaflet carefully before you start taking these capsules; it contains some important information about Holland & Barrett Feverfew Migraine Relief 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
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- 4 Possible side effects
- 5 How to store this product
- 6 Further information

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

Holland & Barrett Feverfew Migraine Relief is a traditional herbal medicinal product used for the prevention of migraine headaches, based on traditional use only.

#### 2 - Before you take this product

Patients who take this product for migraine should have been previously diagnosed by a doctor of this condition. If you experience changes in your symptoms (increase in attacks, worsening of pain, new symptoms), you should consult your doctor.

Do not take this product if you:

- ◆ Are pregnant or breastfeeding
- ◆ Are allergic to any of the ingredients or to plants from the Asteraceae (Compositae) family such as daisies, marigolds, artichokes, chrysanthemums or ragweed (see section 6).
- ◆ Are under 18 years of age

If you are already taking warfarin, clopidogrel, aspirin, ibuprofen or other non-steroidal anti-inflammatory drugs, there is a theoretical risk that taking this product may increase the risk of bleeding.

Tell your doctor or pharmacist if you are taking any of these medicines or any other medicines, including any bought without a prescription.

You must speak to a qualified healthcare practitioner if your symptoms worsen, if they do not improve after 2 months, or if side-effects not mentioned in this leaflet occur.

#### 3 - How to take this product

##### Adults and the elderly

Take 1 capsule daily. Try to take the capsule at the same time each day. Swallow the capsules whole with some water or other liquid. Do not chew the capsules. You can take the capsules with or without food. The maximum beneficial effect of this product may take several months to develop for some people.

##### Do not exceed the stated dose.

Long-term Feverfew users who stop treatment suddenly may experience withdrawal symptoms, including rebound headaches, anxiety, insomnia, muscle stiffness and joint pain. Patients who are on long-term therapy with this product should seek advice from their doctor, pharmacist or qualified healthcare professional before stopping treatment.

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

More information on back panel

#### 4 - Possible side-effects

Like all medicines, this product can have side-effects. These are listed below.

##### Common side-effects (affecting up to 1 in 20 people)

- ◆ Abdominal bloating
- ◆ Indigestion
- ◆ Heartburn
- ◆ Digestive upsets such as wind, bloating, nausea, constipation or diarrhoea

If these side-effects persist for more than a few days, or become troublesome, stop taking this product. These common side-effects are often only temporary.

##### Uncommon side-effects (affecting fewer than 1 in 300 people)

- ◆ Mouth inflammation or mouth ulcers
- ◆ Mild allergic skin reactions such as itching and/or rash of the skin

Stop taking this product immediately if you experience any of these side-effects.

##### Other side-effects

These include increased heart rate, raised blood pressure, eosinophilia, abnormal liver function tests, arthritis, renal failure and Raynaud's phenomenon.

Tell your doctor or pharmacist, if you notice any other side-effect.

##### 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.

#### 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

- ◆ 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

#### 6 - Further information

Each hard capsule contains 100mg of dry Feverfew herb (*Tanacetum parthenium* (L.) Schultz Bip.).

##### This product also contains the following ingredients:

Dextrin white, silica colloidal anhydrous, talc, magnesium stearate, hypromellose, titanium dioxide E171.

Each pack contains 30 or 60 hard capsules.

##### 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 23056/0004**

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

Holland & Barrett International Limited  
Regulatory Services Department  
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Is this leaflet hard to see or read?

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CERTIFICATION MARK 01A

## LEAFLET SPEC

### HB35294/35295 THMPD FEVERFEW LEAFLET

#### LEAFLET SIZE:

140mm x 180mm (flat)  
45mm x 140mm (folded)

**BLEED:** N/A

**BULK:** N/A

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Gil Sans  
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#### FINISH:

#### LPI:

#### SCREEN ANGLES:

**CAUTION:** It is the vendors responsibility to print a scannable UPC code from either our artwork or your alternative UPC method

**COLOUR MATCH:** sample provided