

HOLLAND & BARRETT
Agnus Castus Capsules
Agnus Castus Dry Extract

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 taking this product
- ◆ Please tell a Doctor or a qualified Healthcare Practitioner if you suffer from side effects not listed in this leaflet or if any of the side effects become serious

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

Holland & Barrett Agnus Castus Capsules is a traditional herbal medicinal product used for the relief of symptoms associated with premenstrual syndrome. 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 Agnus Castus or any of the excipients in this product

Consult a Doctor or a qualified Healthcare Practitioner before taking Agnus Castus if you:

- ◆ Have or have had a pituitary disorder
- ◆ Have or have had an oestrogen-sensitive cancer
- ◆ Are using dopamine agonists, dopamine antagonists, oestrogens and antioestrogens

3 - How to take this product

For oral use only.

For women experiencing premenstrual

symptoms: Take 1 capsule daily.

Swallow the 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 a continued use over three cycles, a Doctor or a qualified Healthcare Practitioner should be consulted.

4 - Possible side effects

Like all medicines, Agnus Castus can have side effects. Possible side effects are:

- ◆ Digestive upsets such as nausea and stomach pain
- ◆ Allergic reactions such as face swelling and swallowing difficulties
- ◆ Allergic skin reactions such as itching and/or rash of the skin
- ◆ Headache and/or dizziness

If these symptoms persist for more than a few days or become troublesome, stop taking this product. The frequency is not known.

Stop taking this product immediately if you experience an allergic reaction.

Tell a Doctor or a qualified Healthcare Practitioner if you notice any other side effects.

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)
- ◆ Store the capsules below 25°C
- ◆ Keep the bottle tightly closed
- ◆ Keep the capsules out of sight and reach of children

6 - Further information

About this product: This product is a traditional herbal medicinal product containing Agnus Castus. Each capsule contains 100mg of extract (as dry extract) from Agnus Castus fruit (*Vitex agnus castus* L) (equivalent to 600mg-800mg of Agnus Castus fruit). Extraction solvent: Ethanol 75% 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 or 60 clear, two piece capsules.

After taking this product: You must speak to a Doctor or a qualified Healthcare Practitioner if:

- ◆ Your symptoms get worse
- ◆ Your symptoms do not improve
- ◆ Side effects not listed in this leaflet occur

Registration holder of this product:

NBTY Europe Ltd

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Manufacturer of this product:

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Is this leaflet hard to see or read?

Contact us on:

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You can help to make medicines safer by reporting any side effects to the Yellow Card Scheme at: www.yellowcard.gov.uk
Alternatively you can get a paper Yellow Card form from your GP's surgery or pharmacy, or call freephone **0800 100 3352**



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