

## PATIENT INFORMATION LEAFLET

### **HOLLAND & BARRETT**

#### **Lemon Balm Capsules Lemon Balm Leaf Extract 171mg**

#### **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**

This product contains Lemon Balm Leaf extract. It is a traditional herbal medicinal product used for the temporary relief of symptoms of mild anxiety, to aid sleep and for mild digestive complaints such as bloating and flatulence. 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 any of the ingredients in this product

#### **3 - How to take this product**

For oral use only.

For adults and elderly: Take 2 capsules 3 times daily.

Swallow the whole 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 using this product, a Doctor or a qualified Healthcare Practitioner should be consulted.

#### **4 - Possible side effects**

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

**This product may cause drowsiness. If you are affected, do not drive or operate machinery.**

#### **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). The expiry date refers to the last day of the month
- ◆ Store the capsules below 25°C
- ◆ Keep the bottle tightly closed
- ◆ Keep the capsules out of sight and reach of children

More information on back panel

## 6 - Further information

**About this product:** This product is a traditional herbal medicinal product containing Lemon Balm Leaf extract. Each hard capsule contains 171mg of extract (as dry extract) from Lemon Balm Leaf (*Melissa officinalis* L.) (equivalent to 684mg-1026mg of Lemon Balm Leaf). Extraction solvent: Ethanol 50% v/v. **This product also contains the following inactive (excipient) ingredients:** Calcium hydrogen phosphate dihydrate, Magnesium stearate, Silica colloidal hydrated.

**Excipients in the extract:** Maltodextrin, Silica colloidal anhydrous.

**Capsule shell:** Hypromellose. Each bottle contains 30 clear, two piece, hard capsules with green/brown powder.

**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

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### Traditional Herbal Registration Holder

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**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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You can help to make medicines safer by reporting any side effects to the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)  
Alternatively you can get a paper Yellow Card form from your GP's surgery or pharmacy, or call freephone **0808 100 3352**

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