

PATIENT INFORMATION LEAFLET

HOLLAND & BARRETT

HORSETAIL CAPSULES **Horsetail Herb Extract 160mg**

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 2 weeks of taking this product
- ◆ Please tell a Doctor or a qualified Healthcare Practitioner if you suffer from side effects not listed in this leaflet and/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 Horsetail herb extract. It is a traditional herbal medicinal product used to increase the amount of urine for the purpose of flushing the urinary tract to assist in minor urinary complaints. 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
- ◆ Are pregnant or breastfeeding
- ◆ Are allergic to Horsetail or any of the ingredients listed in section 6 of this leaflet
- ◆ Have a condition where a reduced fluid intake is recommended such as severe heart or kidney disease

Consult a Doctor or a qualified Healthcare Practitioner if:

- ◆ The symptoms worsen during the use of this product
- ◆ Symptoms such as fever, dysuria, spasms or blood in the urine occur during the use of this product
- ◆ You are currently taking diuretic medication

3 - How to take this product

For oral use only.

Adults and elderly:

Take 1 capsule 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 2 weeks of taking this product or if any of the side effects listed in this leaflet become serious or if any side effects not listed in the leaflet occur, a Doctor or a qualified Healthcare Practitioner should be consulted.

4 - Possible side effects

Like all medicines, this product can cause side effects, although not everybody gets them. Possible side effects are:

- ◆ Mild gastrointestinal disturbances such as nausea and diarrhoea
- ◆ Allergic reactions (e.g. rash). The frequency is not known

If any of the above side effects become serious or if you experience any other side effects not listed above, consult your Doctor, Pharmacist or a qualified Healthcare Practitioner.

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

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
- ◆ Do not store above 25°C
- ◆ Store in the original packaging
- ◆ Keep the bottle tightly closed
- ◆ Keep the capsules out of sight and reach of children

6 - Further information

Each hard capsule contains 160mg of extract (as dry extract) from Horsetail herb (*Equisetum arvense* L.) (equivalent to 640mg-960mg of Horsetail herb).
Extraction solvent: Water.

This product also contains the following inactive (excipient) ingredients:

Microcrystalline cellulose, Magnesium stearate.

Excipients in the extract: Maltodextrin.

Capsule shell: Hypromellose.

Each bottle contains 30 clear, hard two piece capsules, with light brown fill.

THR 21710/0015

Traditional Herbal Registration Holder

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Manufacturer

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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.mhra.gov.uk/yellowcard
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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