

PATIENT INFORMATION LEAFLET

HOLLAND & BARRETT

Rhodiola rosea Capsules **Rhodiola rosea Root Extract 153mg**

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

In this leaflet

- 1 What this product is and what it is used for
- 2 Before you take this product
- 3 How to take this product
- 4 Possible side effects
- 5 How to store this product
- 6 Further information

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

This product contains *Rhodiola rosea* root extract. It is a traditional herbal medicinal product used for the temporary relief of symptoms associated with stress, such as fatigue, exhaustion and mild anxiety. 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 (see section 6 of this leaflet for further information)
- ◆ Suffering from liver or kidney disease

If you are suffering from depression: This product is intended for the relief of symptoms associated with stress. If you have symptoms of depression such as persistent low mood you should seek medical advice for appropriate treatment.

3 - How to take this product

For oral use only.

Adults and elderly: Take 1 capsule 2 times daily. Take 1 capsule before breakfast and 1 capsule before lunch, preferably 30 minutes before food intake.

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 the leaflet become serious or if any side effects not listed in the leaflet occur, a Doctor or a qualified Healthcare Practitioner should be consulted. Do not take this product for longer than 2 months.

4 - Possible side effects

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

There have been isolated reports of allergic reactions and lowered blood sugar levels in patients taking *Rhodiola*, however, there is no clear relationship between the development of low blood sugar levels and the use of *Rhodiola rosea* extract.

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.

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

More information on back panel

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 153mg of extract (as dry extract) from *Rhodiola rosea* roots and rhizomes (*Rhodiola rosea* L.) (equivalent to 764mg-916mg of *Rhodiola rosea* roots and rhizomes).

Extraction solvent: Ethanol 80% 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 50 clear, hard, two piece capsules with light brown fill.

THR 21710/0020

Traditional Herbal Registration Holder

NBTY Europe Limited
Samuel Ryder House
Barling Way
Nuneaton
Warwickshire, CV10 7RH
United Kingdom

Manufacturer

NBTY Europe Limited
Vitality House
Sixth Avenue
Centrum 100
Burton-on-Trent
Staffordshire, DE14 2WP
United Kingdom

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

NBTY Europe Limited

Regulatory Services Department
Samuel Ryder House
Barling Way
Nuneaton
Warwickshire, CV10 7RH
United Kingdom

Is this leaflet hard to see or read?

Contact us on:

Telephone: +44 (0) 2476 215 400

Fax: +44 (0) 2476 215 452

Email: customerservices@NBTYEurope.com

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**

This leaflet was prepared on: 18/11/2011

