

6: Further information

Each film-coated tablet contains 4mg of extract (as dry extract) from *Agnus Castus* fruit (*Vitex agnus castus* L.) (7-13:1) (equivalent to 28-52mg of *Agnus Castus*). Extraction solvent: Ethanol 60% v/v.

This product also contains the following ingredients:

Tablet core:

Liquid glucose, silica colloidal anhydrous, lactose monohydrate, magnesium stearate, maize starch, cellulose microcrystalline, sodium starch glycolate (type A).

Film-coating:

Lactose monohydrate, hypromellose, macrogol 4000, titanium dioxide (E171), iron (III)-oxide (E172).

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product.

Each film-coated tablet contains 124mg of lactose and 36mg of liquid glucose.

Each pack contains 60 film-coated tablets.

Registration holder for this product

Schwabe Pharma (UK) Ltd, Alexander House, Mere Park, Dedmere Road, Marlow, Bucks, SL7 1PD

Manufacturer of this product

Wiewelhove GmbH, Gildestrasse 39, 49477 Ibbenbüren, Germany

Traditional herbal registration number: THR 23056/0002

If you would like further information about this product, please contact:
Healthspan Ltd, PO Box 64, Guernsey, GY1 1BT

Telephone: 0800 73 123 77. Email: herbalinfo@healthspan.co.uk

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certification mark

3971/01



Healthspan *Agnus Castus* Premenstrual Relief

Tablets

Agnus Castus Fruit Extract 4mg

Please read this leaflet carefully before you start taking these tablets.

It contains some important information about Healthspan *Agnus Castus* Premenstrual Relief.

Keep this leaflet with the tablets.

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.....	page 1
2: Before you take this product	page 2
3: How to take this product.....	page 2
4: Possible side-effects.....	page 3
5: How to store this product	page 3
6: Further information	page 4

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

This product is a traditional herbal medicinal product containing *Agnus Castus* fruit. Each film-coated tablet contains 4mg of extract (as dry extract) from *Agnus Castus* fruit (*Vitex agnus castus* L.) (7-13:1) (equivalent to 28-52mg of *Agnus Castus*). Extraction solvent: Ethanol 60% v/v.

Healthspan *Agnus Castus* Premenstrual Relief is a traditional herbal medicinal product used to help relieve symptoms of premenstrual syndrome such as irritability, mood swings, breast tenderness, bloating and menstrual cramps. This usage is based on traditional use only.



2: Before you take this product

DO NOT TAKE this product if you are:

- **lactose-intolerant** (react badly to lactose or milk)
- **pregnant or trying to become pregnant**
- **breastfeeding**
- **allergic to any of the ingredients** (see section 6)
- **suffering from a pituitary disorder**
- **under 18 years of age**

Tell your doctor before taking this product if you have:

- **an intolerance to some sugars** (see section 6)
- **had a pituitary disorder in the past**

If you are taking a dopamine-receptor antagonist or agonist-type drug, there is a theoretical risk that this product may affect the way they work.

3: How to take this product

For women experiencing premenstrual symptoms, take 1 tablet daily.

Try to take the tablets at the same time each day, either in the morning or evening. Swallow the tablets whole with some water or other liquid. Do not chew the tablets. You can take the tablets with or without food. The maximum beneficial effect of this product may take up to 3 months to develop in some women.

Do not exceed the stated dose.

Do not give to children or adolescents under 18 years old.

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. A small overdose (up to 8 tablets) may not cause any symptoms. In the event of a large overdose (more than 8 tablets) advice should be sought from a doctor.

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.

4: Possible side-effects

Like all medicines this product can have side-effects. Any side-effects are usually mild and disappear in a few days. Side-effects that have been reported are listed below:

Side-effects

- **nausea** or feeling sick
- **indigestion**
- **digestive upsets** such as wind, bloating or diarrhoea
- **headache**
- **allergic skin reactions** itching and/or rash of the skin

If these persist for more than a few days, or become troublesome, stop taking this product. These common side-effects are often only temporary. Stop taking this product immediately if you experience any allergic skin reaction.

Other side-effects

Tell your doctor or pharmacist if any of the above mentioned side-effects becomes serious or if you notice any other side-effects not listed here.

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 (available 10am-2pm Monday-Friday).

5: How to store this product

Do not use your tablets after the expiry date. Return any out-of-date tablets to your pharmacist who will dispose of them for you. The expiry date is printed on the box and the blister pack.

This medicinal product does not require any special storage conditions.

Keep the tablets out of the reach and sight of children.

Keep your tablets in the blister pack until it is time to take them.

