



If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor, pharmacist or qualified healthcare practitioner.

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 0808 100 3352 (available 10am-2pm Monday-Friday).

### 5: How to store this product

Keep out of the reach and sight of children.

Do not use Healthspan Echinacea Cold & Flu Relief after the expiry date which is stated on the blister. The expiry date refers to the last day of that month.

Do not store Healthspan Echinacea Cold & Flu Relief above 25°C. Store in the original packaging.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

### 6: Further information

Each soft capsule of this product contains 176mg of dried pressed juice from fresh flowering *Echinacea purpurea* (L.) Moench herb (20-28:1) (equivalent to 3,520mg-4,925mg of fresh flowering *Echinacea purpurea* (L.) Moench herb).

This product also contains the following ingredients:

**Herbal preparation:** Maltodextrin, precipitated silicon dioxide and citric acid monohydrate.

**Soft capsule:** Refined soya-bean oil, refined coconut oil, white beeswax, rice starch, fractionated palm kernel oil, phospholipids from soya-beans, succinylated gelatine, glycerol, non-crystallising sorbitol solution 70%, titanium dioxide E171, ferric (II, III) oxide E172, quinoline yellow E104, patent blue V E131 and purified water.

**What Healthspan Echinacea Cold & Flu Relief looks like and contents of the pack**

Each pack contains 60 soft capsules.

**Registration holder and manufacturer of this product**

Swiss Caps GmbH, Grassingerstraße 9 D-83043 Bad Aibling, Germany.

Traditional herbal registration number: THR 18397/0003.

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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THR 18397/0003



certification mark

43822A

Patient Information Leaflet

## Healthspan Echinacea Cold & Flu Relief

Capsules

Dried Juice of *Echinacea purpurea* Herb 176mg

**Please read this leaflet carefully before you start taking these capsules.**

It contains some important information about Healthspan Echinacea Cold & Flu Relief.

If you have any further questions, ask your doctor, pharmacist or qualified healthcare practitioner. You must contact a qualified healthcare practitioner if your symptoms worsen, if they do not improve after 10 days, if any of the side effects gets serious, or if you notice any side effects not listed in this leaflet.

**Keep this leaflet with the capsules.**

You may want to read it again or show it to your doctor, pharmacist or qualified healthcare practitioner.

### What is in this leaflet

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

This product is a traditional herbal medicinal product containing the juice of *Echinacea purpurea* herb. Each soft capsule of this product contains 176mg of dried pressed juice from fresh flowering *Echinacea purpurea* (L.) Moench herb (20-28:1) (equivalent to 3,520mg-4,925mg of fresh flowering *Echinacea purpurea* (L.) Moench herb).

This product is a traditional herbal medicinal product used for the relief of symptoms of the common cold and influenza type infections, based on traditional use only.

### 2: Before you take this product

Do not take this product if you:

- are allergic to any of the ingredients or to plants of the Asteraceae (Compositae) family such as daisies, marigolds or artichokes (see section 6)
- have a tendency to allergies such as hives, allergic eczema or asthma
- are allergic to peanut or soya
- are fructose-intolerant (react badly to some sugars)



- are pregnant or breast-feeding
- suffer from the infection tuberculosis
- suffer from connective tissue disease with formation of clumps of cells (sarcoidosis), mainly occurring in the lymph nodes, lungs and liver
- suffer from autoimmune diseases such as inflammation of the connective tissue (collagenoses) or multiple sclerosis
- suffer from conditions which decrease your resistance to infection (e.g. HIV infection or AIDS) or
- are on therapy to reduce your natural response to infection (immunosuppression e.g. chemotherapy or radiotherapy for cancer; history of organ or bone marrow transplant)
- suffer from blood disorders involving the white blood cell system such as low white blood cell count due to bone marrow disorders (agranulocytosis) or blood cell cancer (leukemias)
- are under 12 years of age

Take special care with Healthspan Echinacea Cold & Flu Relief.

Do not exceed the stated dose. You must contact your doctor or qualified healthcare practitioner if:

- your joint pain is accompanied by swelling of the joint, redness or fever
- symptoms persist for more than 10 days
- adverse effects not mentioned in the package leaflet occur

If you are prone to allergies there is a risk of developing serious allergic reactions to Echinacea (eg. anaphylactic reactions).

Patients should be aware that intake of products containing Echinacea species may trigger autoimmune diseases.

This formulation is not suitable for children under 12 years of age.

#### Taking other medicines

Healthspan Echinacea Cold & Flu Relief must not be used together with immunosuppressant medications such as ciclosporin and methotrexate.

Always remember to tell your doctor about any medicines you are taking including those obtained without a prescription.

#### Pregnancy and breast-feeding

The safety of this product has not been sufficiently established in pregnant and breast-feeding women. Do not take this product if you are pregnant or breast-feeding.

#### Driving and using machines

No studies on the effects on the ability to drive and use machines have been performed.

### 3: How to take this product

You should speak to your doctor, pharmacist or qualified healthcare practitioner if you are not sure if this product is suitable for you.

#### Adults, elderly and children over 12 years

Take one or two capsules daily.

The soft capsule formulation is not intended for children below 12 years.

Start taking at the first signs of common cold. Do not take Healthspan Echinacea Cold & Flu Relief for more than 10 days.

If your symptoms worsen during the use of Healthspan Echinacea Cold & Flu Relief or persist for more than 10 days, or if you experience a high fever, you should speak to your doctor or a qualified healthcare practitioner.

#### If you take more Healthspan Echinacea Cold & Flu Relief than you should

If you feel unwell speak to your doctor or qualified healthcare practitioner and take this leaflet with you.

#### If you forgot to take Healthspan Echinacea Cold & Flu Relief

Continue to take your usual dose at the usual time. Do not take a double dose to make up for forgotten individual doses.

#### If you have any questions, or are unsure about anything, please ask your doctor, pharmacist or qualified healthcare practitioner.

### 4: Possible side-effects

Healthspan Echinacea Cold & Flu Relief can cause side effects, although not everybody gets them. Stop taking Healthspan Echinacea Cold & Flu Relief and check with your doctor, pharmacist or qualified healthcare practitioner immediately if any of the following side-effects occur:

Allergic (hypersensitive) reactions such as: rash, hives, inflammatory disorder of the skin (Stevens-Johnson-Syndrome), swelling of the skin due to fluid, swelling of the facial area (Quincke's oedema), shrinking of the airways in the lungs with obstruction (bronchospasm), asthma and life-threatening allergic reactions (anaphylactic shock). Echinacea can trigger allergic reactions in patients who have a tendency to develop allergic conditions.

Association with autoimmune diseases has been reported such as:

- inflammation of the brain and spinal cord (disseminated encephalitis)
- painful lumps on the shins (erythema nodosum)
- low blood platelet count (immunothrombocytopenia)
- destruction of blood cells by antibodies (Evans Syndrome)
- dryness in the mouth and eyes with renal tubular dysfunction (Sjögren Syndrome)

A decrease in the number of white blood cells (Leucopenia) may occur in long-term use (more than 8 weeks). The frequency is not known.

