

# Healthspan St John's Wort Mood Relief

film-coated tablets

Extract providing 1,850mg to 2,590mg whole herb

**You must speak to a doctor or qualified healthcare practitioner if your symptoms worsen, if they do not improve after six weeks, or 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](http://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

Store the tablets in a cool dry place. Do not store the tablets in a place where the temperature goes above 25°C.

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.

## 6: Further information

Each tablet contains 370mg of St John's Wort dry extract from St John's Wort aerial parts (*Hypericum perforatum* L.) 5-7/1 equivalent to 1,850mg to 2,590mg of St John's Wort. Extraction solvent; Ethanol 60% v/v.

This product also contains the following ingredients:

**Tablet core:** Maltodextrin, microcrystalline cellulose, sodium croscarmellose, stearic acid, magnesium stearate, colloidal anhydrous silica.

**Tablet coating:** Hydroxyl propyl methyl cellulose, glycerine.

**What Healthspan St John's Wort Mood Relief looks like and contents of the pack**

Each pack contains 60 film-coated tablets.

**You must speak to a qualified healthcare practitioner if your symptoms worsen, if they do not improve after six weeks, or if side effects not mentioned in this leaflet occur.**

Do not use your film-coated 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 Return any out-of-date tablets to your pharmacist who will dispose of them for you.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.

**Registration holder and manufacturer of this product**

Traditional registration holder and manufacturer for this product: Thompson & Capper Ltd. Hardwick Road; Astmoor; Runcorn; Cheshire; WA7 1PH.

Traditional herbal registration number: THR 01359/0001

If you would like further information about this product or a version of this leaflet in large print or audio format please contact:

Healthspan Ltd, PO Box 64, Guernsey, GY1 1BT

Telephone: 01928 573734 Email: [herbalinfo@healthspan.co.uk](mailto:herbalinfo@healthspan.co.uk)

This leaflet was prepared in February 2011.

THR 01359/0001



certification mark

3975/01

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

It contains some important information about Healthspan St John's Wort Mood 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

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

This product is a traditional herbal medicinal product containing St John's Wort. Each film-coated tablet contains 370mg of St John's Wort dry extract from St John's Wort aerial parts (*Hypericum perforatum* L.) 5-7/1 equivalent to 1,850mg to 2,590mg of St John's Wort. Extraction solvent; Ethanol 60% v/v.

This product is a traditional herbal medicinal product used for relief of slightly low mood and mild to moderate anxiety. This is based on traditional use only.

## 2: Before you take this product

**DO NOT TAKE this product if you are:**

- Your skin is exceptionally sensitive to sunlight (photosensitive)
- You are having light treatment (phototherapy) for any condition
- You are suffering from depression (see below)
- you are pregnant or breastfeeding
- you are allergic to any of the ingredients (see section 6)
- Are under the age of 18 years

## 2: Before you take this product (continued)

### Suffering from depression?

Symptoms of depression include feelings of helplessness and hopelessness, loss of interest in daily activities, appetite or weight changes, changes in sleep pattern, loss of energy and difficulty concentrating. If your doctor has told you that you are suffering from depression do not use this product.

If you think that you may be suffering from depression you should tell your doctor.

### While you are taking this product:

- avoid excessive sunbathing or the use of sunbeds/solariums
- stop using it at least 10 days prior to undergoing any surgery

### Driving and operating machinery

In rare cases St John's Wort may make you feel dizzy or sleepy. If affected do not drive or use machines.

### Taking other medicines

Healthspan St John's Wort Mood Relief can affect the way some medicines work and reduce their effectiveness. Medicines that can be affected by St John's Wort include prescription medicines, and those that you may have bought without a prescription. Therefore it is important that you do not take if you are using any of the medicines listed.

**All hormonal contraceptives:** The birth control 'Pill', emergency contraception, hormonal implants, creams, patches, intra-uterine devices with hormones.

**All medicines for depression/anxiety:** Amitriptyline, clomipramine, moclobemide, citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine, sertraline, duloxetine, venlafaxine.

**All hormonal replacement therapy (HRT) treatments:** HRT tablets, patches, gels, vaginal rings.

**All medicines for thinning the blood (anticoagulants):** Warfarin, acenocoumarol.

**All medicines for epilepsy:** Carbamazepine, phenobarbitone, phenytoin, primidone, sodium valproate.

**All immunosuppressant medicines:** Ciclosporin, tacrolimus.

**St John's Wort may also affect the following medicines. Therefore do not take this product with these medicines unless a doctor has said it is safe to do so:**

- fentanyl, propofol, sevoflurane, and midazolam (anaesthetics/pre-operative medicines)
- tramadol (an analgesic)
- erythromycin, clarithromycin and telithromycin (antibiotics)
- itraconazole and voriconazole (antifungals)
- artemether and lumefantrine (antimalarials)
- rasagiline (an anti-Parkinson's medicine)
- aripiprazole (an antipsychotic medicine)

- buspirone (an anxiolytic)
- aprepitant (used to treat post-operative vomiting)
- butobarbital and phenobarbital (barbiturates)
- methyl phenidate (a central nervous system or CNS stimulant)
- exemestane (a hormone antagonist)
- eplerenone (a diuretic)
- lansoprazole and omeprazole (proton pump inhibitors)
- theophylline (a bronchodilator)
- gliclazide (an antidiabetic medicine)

## 3: How to take this product

### Adults and the elderly

**Take 1 tablet daily.** Swallow the tablet whole with some water or other liquid. Do not chew the tablet.

### Do not exceed the stated dose.

### 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.

### 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

Healthspan St John's Wort can cause side effects, although not everybody gets them. Stop taking Healthspan St John's Wort and check with your doctor, pharmacist or qualified healthcare practitioner immediately if any of the following side effects occur:

- **Gastrointestinal disorders such as indigestion, loss of appetite, nausea, diarrhoea and constipation.**
- **Fatigue and restlessness.**
- **Allergic skin reactions such as rash, hives or itching of the skin. If you experience allergic skin reactions, stop taking the product and consult your doctor.**

Also sunburn-like reactions on skin exposed to strong sunlight or strong ultra-violet (UV) irradiation

e.g. solarium have been reported, particularly in fair skinned individuals. Other side effects that have been reported include headaches, nerve pain or tingling, anxiety, dizziness and mania.