



Practitioner's Guide to Herbal Remedies

A comprehensive guide to popular traditional herbal medicines and food supplements for minor ailments



From Nature. **For Health.**

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FOREWARD BY DR DICK MIDDLETON

PhD, MGPPhC

Technical Director, Schwabe Pharma (UK) Ltd.

The UK has seen a major change in herbal products legislation over recent years with the reclassification of many as herbal medicines under the European Union Traditional Herbal Medicinal Directive. This has meant the disappearance of many unlicensed herbal medicines. In light of these changes, we at Schwabe Pharma (UK) have been dedicated to ensuring that we could deliver as many products as possible to be available to the British public and those who manage their healthcare as licensed herbal medicines. We have been at the forefront of working with regulatory authorities to achieve this aim in line with the timelines dictated by legislation, so that there was a continuity of supply of these tried and trusted traditional remedies.

I am delighted to have been involved in the registration of so many traditional herbal medicines over the last few years, as I believe this process is the bedrock upon which to offer increasing choice to patients to safely manage their minor ailments. In today's society, it is essential that we learn to manage the self-care of these minor ailments in order to enable the National Health Service to concentrate more on serious illness and disease. However, we all have a right to expect that self-care can be carried out both safely and appropriately. Because these fundamental principles have been an intrinsic part of our business ethic for over a century we have been able to compile the detailed scientific evidence required by the regulatory authorities and create a significant portfolio of licenced traditional herbal medicines in many essential areas of commonly occurring conditions in which self-medication is appropriate.

This information guide is an insight into our company and products, provides an overview of the new legislative framework within which we now operate and describes how Schwabe is working towards delivering healthcare options with well researched, highest quality traditional herbal medicines and herbal food supplements.



R. W. Middleton

SCHWABE PHARMA –

LEADING THE WORLD IN
HERBAL MEDICINE SELF-CARE

For nearly 150 years, the Dr Willmar Schwabe group of companies has been committed to improving people's health and well-being. We do this, by establishing through research, development and clinical trials that plant-based medicines offer a safe, efficacious option for specific healthcare needs.

The outcome of this dedication and expertise is an extensive range of registered traditional herbal remedies (THR) that have been acknowledged as effective to relieve or prevent the symptoms of a spectrum of common minor ailments including coughs and colds, stress, low mood, mild anxiety, muscle and joint pain, digestive disorders, menopause, migraine and premenstrual syndrome.

Now established as the leading manufacturer of herbal medicines worldwide, Dr Willmar Schwabe Pharmaceuticals is committed to four key values:

- 1. Innovation - It's our driving force.**
Because we are seriously and passionately committed to both maintaining our heritage in this field and creating a secure future for herbal medicines, we dedicate significant resource to research and development every day, every month, every year.
- 2. Reliability - it's in our nature.**
Since 1866 our family owned-company has delivered our innovative, trusted and effective traditional herbal medicines to patients and health professionals across the globe.
- 3. Responsibility - it's in our heritage.**
We are committed to environmental protection and the conservation of our natural resources. Where we cultivate plants on managed farms we safeguard the preservation of natural habitats and protect native plants from any likelihood of over exploitation, and hence decimation and potential extinction.
- 4. Quality - process control from field to finished product.**
We control the whole process from harvesting the plants to production of the finished herbal medicines and we ensure that only the highest quality plant materials are used for the manufacture of these products. On our plantations, the raw materials for our products are grown under controlled conditions, following Good Agricultural Practice (GAP) guidelines. Our special extracts are prepared using modern pharmaceutical technology employing unique extraction processes to guarantee a standardisation of concentration and a high quality end product. All manufacturing stages, from raw plant material testing in our own laboratories, to final release of the product are carried out to the highest international requirements of the good manufacturing practice (GMP) guidelines.

At Schwabe Pharma, we deliver and share your vision - *"From Nature, for Health"*

DELIVERING HIGHEST QUALITY HERBAL MEDICINES - IT STARTS WITH HIGHEST QUALITY STARTING MATERIALS

A cornerstone of the integrity of manufacture of any medicine is that of consistency of quality from batch to batch and this is no different for herbal medicines which might form a part of a self-care program.

This consistent quality standard can only be achieved if the herbs used meet certain well defined and strictly enforced standards. With herbal medicines, the quality standards for the starting material are described in a reference text, known as a European Pharmacopoeial Monograph. These internationally recognised herbal monographs have been drawn up by experts from a wide range of established disciplines in the field of herbal medicines and describe in detail the quality standards which must be met across Europe. These range from control of heavy metal content in the herb to the consistent amount of certain marker compounds that are characteristic to a particular herb, and which must be present at a defined level in every batch before it can be used as a starting raw material.

This ensures that reliable and reproducible quality is achieved and that only herbal starting material that complies with these monographs standards is employed for further processing.

Growing and harvesting herbs – and protecting the Environment

Wherever possible we use controlled cultivation of medicinal herbs on managed farms. This serves a number of purposes. It ensures we know precisely the standard of horticulture to which our medicinal herbs have been exposed, provides for security of supply and also leads to

a more reliable quality than for herbs that might have been collected and harvested in the wild.

In addition, controlled cultivation helps to ensure that a surge in consumer demand for a herb does not put survival of the herb at risk. Given that many herbs thrive best in their native habitat this means that we need to control cultivation of our herb sources on a worldwide scale. For example, Dr Willmar Schwabe owns and manages farms enabling controlled cultivation of *Pelargonium sidoides* in South Africa, *Rhodiola rosea* in Canada and *Ginkgo biloba* in France and China.

Although controlled cultivation has many advantages over wild collection of herbs, there are some circumstances where only wild collection is possible. In these situations we take the same responsible approach and monitor collection with great care in order to protect the environment, deliver sustainability and guarantee the natural habitat from possible extinction.

We strictly observe the European guideline entitled “Good Agricultural and Collection Practice” (GACP). This guideline describes the set of quality standards which must be adopted in growing and collecting all herbs for the manufacture of traditional herbal medicines and is important in helping to protect vulnerable plant species from extinction through exploitation and market demands. However, it is important to note that unlicensed herbal medicines and herbal food supplements (botanicals) do not have to comply with this guideline.

DELIVERING HIGHEST STANDARDS OF QUALITY CONTROL AND QUALITY ASSURANCE

The quality of herbs used in the manufacture of traditional herbal medicines are characterised in EU herbal monographs by well-defined characterising parameters which include: a clear botanical and scientific definition; identification of the herb; purity and content.

A clear botanical definition comprises the Latin and scientific names of the plant or the part of the plant used. In order to confirm and authenticate the identity of a herb, usually the macroscopic (visual), and microscopic features of specific parts of the plant are first established. Other additional tests, such as thin-layer chromatography fingerprint analysis are often required as well. These allow for specific herb identification on the basis of identifying distinguishing compounds always found in that particular herb.

Other tests described in the monograph are then necessary to carry out in order to ensure that the herb meets acceptable quality standards. For example, moisture content of the dried herb is often stipulated in the monograph, as moisture can affect the stability of some of the active compounds found in a particular herb. Microbiological standards are also an important part of the monograph, in order to ensure that the herb is safe to use. Heavy metals such as lead, mercury, cadmium and arsenic can accumulate in some plants, and heavy metal levels are therefore strictly controlled in herbal monographs.

Herbal monographs usually stipulate levels of specific marker compounds that are characteristic of that particular herb. For example, the herb Feverfew contains a characteristic compound known as parthenolide; Chaste Tree or Agnus Castus contains casticin, and Milk Thistle contains silymarins. It therefore needs to be established that the level of these marker compounds lies within strict limits in order to ensure the quality of the harvested herb can deliver the required levels in the finished tablet or capsule,

where these levels are again assayed to meet the required specification. Failure to meet any stage of the quality assurance process will result in the finished tablet or capsule not being released for sale to market. All of these tests and quality requirements are performed and managed by the same type of highly qualified competent scientific staff that are present in the mainstream pharmaceutical industry.

These high levels of scientific discipline and knowledge need to be present in order to achieve the demanding quality standards necessary to achieve a herbal registration. The same levels of quality assurance and quality control that apply in the manufacture of any pharmaceuticals need to be met. This means scrupulous monitoring and measurement of all processes must be achieved, together with fulfilment of the rigorous manufacturing standards that are described in good manufacturing practice (GMP) guidelines. This compliance process commences with the herbal starting materials and carries right through to the formulation and manufacture of the finished tablet or capsule and packing into the container that the consumer purchases. The guidelines are positively regulated in the UK by the Medicines and Healthcare Products Regulatory Agency (MHRA), whose GMP inspectors visit manufacturers regularly to check manufacturing compliance and standards. Schwabe Pharma has led the way in registering herbal medicines approved for both quality and safety by the MHRA.

This type of positive regulation and inspection does not take place with either unlicensed herbal medicines or herbal food supplement type products (botanicals), and is essential in giving patients and healthcare professionals assurance about the quality of traditional herbal medicines.

Notwithstanding the above, we do manufacture a small range of herbal food supplements which are made to the same high quality standards as our range of traditional herbal medicines.

UNDERSTANDING EUROPEAN REGULATION OF HERBAL MEDICINES

Many plants contain substances that have well established usage in treating disease including minor ailments and formulations made from these substances are known as herbal medicinal products. The diverse array of approaches and quality standards used in selling these types of herbal medicines in EU countries, led to the EU commission to introduce the European traditional herbal medicinal products directive back in 2004.

This European Union legislation classifies as traditional herbal registered products, those herbal medicinal products that have been used for at least 30 years, including at least 15 years within the EU, which are intended to be used without the supervision of a medical practitioner or are not administered by injection. Some common examples of herbals used in traditional herbal medicinal products are; St John's Wort, Echinacea, Milk Thistle, Valerian and Black Cohosh.

A herbal medicinal product is considered to be one that is presented as having properties for treating or preventing disease in human beings or where it has a pharmacological, immunological or metabolic action. It was considered that even though they are natural, a number of these products may be dangerous for patients if taken inappropriately or at the wrong dosage. In some cases these herbal medicines can affect the way prescribed and over-the-counter medicines work.

This is why these products are regulated by pharmaceutical legislation, which aims to protect public health by ensuring the safety and quality of them.

The situation that existed in the UK back in 2004 was a typical example of the lack of uniformity that existed throughout the EU and which the EU Commission was seeking to rationalise with the introduction of the Traditional Herbal Medicinal Products Directive (THMPD). The UK herbals market place was largely unregulated at this time with many herbal formulations that might be considered to be medicinal using the criteria described above, being sold as unlicensed herbal medicines under the Medicines Act 1968. Furthermore, these unlicensed herbal products were often of varying quality because there were no controls over their quality or standards of manufacture. In addition, no reliable or accurate consumer information was available for the products, so it was difficult for consumers wishing to purchase an unlicensed herbal medicine to know whether a particular product was safe and appropriate for them to use.

Traditional Herbal Medicinal Products Directive (THMPD)

After a long period of gestation the Traditional Herbal Medicinal Products Directive (THMPD) was adopted by the European Parliament on 31 March 2004 to deliver order to the marketplace. It provided an exceptionally long transition period of seven years to register traditional herbal medicinal products that were already on the market on the date of entry into force of the directive. This seven years transition period ended on 30 April 2011. Whilst seeking to control the marketing of herbal products this Directive took into consideration a number of factors.

Firstly, it was recognised that traditional herbal medicinal products have particular characteristics, notably their long tradition of use and to take account of this the EU introduced a lighter, simpler and less costly registration procedure for them, while providing the necessary guarantees of quality and safety. Then it reasoned that the long traditional use of the medicinal product made it possible to remove the need for many safety trials that are always required for conventional medicines. It was agreed that these trials could be replaced by documentation which demonstrated that the product was not harmful and could safely be used for minor, self-limiting indications. It was also agreed that documentation in the form of an Expert Report could be used to demonstrate plausible efficacy for the proposed indication. This plausible efficacy replaced the requirement for clinical trials, which a company would normally be expected to provide for a full medicines licence.

In summary, the herbal directive introduced a simplified procedure compared with the requirements to obtain a full marketing authorisation.

Implementation of THMPD

A committee called the Herbal Medicinal Products Committee (HMPC) was set up by the European Medicines Agency in September 2004 to oversee the creation of Herbal Monographs of medicinal herbs which could be used as a springboard for harmonisation of herbal medicines licensing in EU member states. However, the European Medicines Agency and HMPC do not have a role in the registration of traditional herbal medicinal products. The simplified procedure is a national one. This means that applications for registration need to be submitted in each member state where the product is to be marketed and these applications are handled by the competent authority in each member state. In the UK, this is the role of the UK Medicines and Healthcare Products Regulatory Agency (MHRA).

In the UK, if an unlicensed herbal medicine was not registered or authorised by 1 May 2011 the product could not be sold, but a sell through for unlicensed products already on the market prior to that date has been agreed with MHRA. This sell through date expires on 30th April 2014. However, herbal products may be classified and placed on the market as food supplements provided that they do not fulfil the definition of a medicinal product and that they comply with applicable UK food law. In particular, herbal products marketed in the form of food supplements should comply with directive 2002/46/EC on food supplements and regulation (EC) No 1924/2006 on nutrition and health claims made on foods. It is the responsibility of the MHRA - to decide on a case-by-case basis, as to whether a herbal product fulfils the definition of a medicinal product or not.

The extended transitional period of seven years was agreed because it was recognised that many companies that had been currently manufacturing unlicensed herbal medicines back in 2004 would need to upgrade significantly both their manufacturing equipment and technical expertise.

UNDERSTANDING “TRADITIONAL USE” AND “CLINICAL EVIDENCE”

Conventional licensed medicines in the UK are always assessed for quality, safety and efficacy by the MHRA. Efficacy is assessed by clinical assessors based on at least two pivotal clinical trials and often many additional related clinical trials that must comply with the European Clinical Trials Directive. However, it will often cost many millions of pounds to complete just one clinical trial as part of licensing a conventional medicine and this general process forms the basis of the licensing of conventional medicines throughout EU.

The fragmented nature of the herbal products market, with many companies having an annual turnover of less than the cost of a high quality clinical trial, led to a dispensation in the normal medicinal licensing process with specific criteria relating to herbal medicines in the THMPD. Hence, the Directive requires that in order to obtain a registered herbal medicine approval, a company must demonstrate that the herb has been used to 30 years at the dosage in the herbal product that is being registered, for the required indication. At least 15 years of the 30 year usage period must have been in an EU country and only for indications that are for self-limiting, over-the-counter, minor ailments. So data relating to clinical efficacy, as for prescribed and over-the-counter (OTC) conventional medicines is not assessed - only plausible evidence that relates to traditional usage over a 30 year period.

This is based on the sound assumption that it is unlikely any sustained use of a medicinal herb for a particular indication would have survived over a 30 year period or longer, unless the users had experience of benefit. Indeed, this traditional use is the reason many people choose to use a specific herb to relieve a particular ailment or complaint. Moreover, some herbs have been used in some ethnic cultures for many hundreds of years, and have been passed down from generation to generation.

However, some products-such as many in the Schwabe Pharma portfolio-do have other supporting, modern-day clinical trial evidence that a specific herbal registered product is of benefit in a particular condition. However, this evidence will not have been assessed as part of the registration approval process described above.

Finally, just like any other medicine, all licensed herbal medical products, including registered herbal medicines, are required to employ a sophisticated and comprehensive system of monitoring any possible interactions or adverse events that might occur amongst patients or consumers. This procedure is called pharmacovigilance and every company that owns a medicines licence will have a pharmacovigilance system in place. This is an added safeguard that ensures that if, for example, an entirely new class of drug is introduced with a novel mode of action, any unforeseen issues relating to interactions with all medicines including herbals can be quickly identified and the appropriate advice given. Food supplements and unlicensed herbal medicines are not regulated in this way.

Schwabe - a natural leader in herbal medicines

Schwabe Pharma has a heritage of carrying out clinical trials as part of a programme of developing a robust evidence base for its' herbal medicines, both in the UK and in many countries throughout the world. Although this continuing program does not form part of the assessment process of registering herbal medicines, we consider it important to add even greater confidence to the weight of efficacy relating to our products.

As is to be expected, our quality requirements for our registered herbal medicines are strictly controlled and of the same high standards of manufacture required for conventional medicines. These manufacturing standards are strictly enforced through a regular MHRA inspection programme of our state of the art manufacturing facility and quality control laboratories.

All our traditional herbal registered products have MHRA approved patient information leaflets which describes useful information for the patient, including when and how to take the product, and any potential contraindications or restrictions of use-such as when pregnant or breast feeding.

EXPERT VIEWS



GPs taking herbal medicines seriously
Dr Michael Dixon
GP and Chairman of the College of Medicine

Doctors and nurses in Primary Care are often asked by patients about using herbal medicines, particularly for minor ailments and alongside other prescribed medication that they may be taking. The new herbal regulations will mean that doctors and nurses will be able to advise their patients with confidence, on whether a herbal medicine is safe to use and appropriate, particularly for minor conditions where an alternative to a prescribed medicine may be preferred by the patient.



Pharmacists taking herbal medicines seriously
Michael Wakeman

Michael Wakeman is a pharmacist and has a Master's degree in nutritional medicine from the University of Surrey. He has worked alongside Professor David Horrobin, for 10 years, and regularly contributes to health journals. In 2009 his research into natural products was selected to promote the annual Royal Pharmaceutical Society conference. Michael regularly appears on radio and has lectured in many countries.

"There are few countries in the world that embrace natural healthcare more strongly than Germany, which is where the family owned Dr Willmar Schwabe group of companies have their state of the art manufacturing plant and headquarters. And there is no other company in the world that delivers such high quality herbal medicines as Schwabe Pharma.

"I was fortunate enough to visit the company at their base in Karlsruhe many years ago to meet with the current fifth generation Schwabe family members who, whilst upholding the century old established traditional values of the company, were then forging the platform from which they now are able to deliver the current broad portfolio of herbal medicines that meet the demanding standards required by EU law.

"This forward looking company delivers quality, manufactures to the highest pharmaceutical standards and funds and performs ongoing clinical trials of its' herbal medicines, which demonstrates an enormous commitment to healthcare that consumers and healthcare professionals around the world clearly recognise as key benefits. The fact that so many continue to select Schwabe products on an ongoing basis, highlights both the clinical benefits they deliver and the level of support and service offered by the company through their well-documented product monographs and readily accessible and extensive scientific literature source. This is backed up with an unparalleled expertise in the field of herbal medicines.

"The days of unlicensed herbal formulations of unknown quality, often delivered by companies with little or no experience of the complex nature of herbal remedies, fortunately no longer exist, and experts in this field, such as Medical Herbalists welcome this. As a result patients can now take advantage of products that have quality, efficacy and safety as a rightful given. And, Schwabe Pharma has been at the forefront of ensuring that a wide range of medicinal herbal products are now available in the UK to replace these now defunct unlicensed herbal products.

"Having seen at first hand the state-of-the-art production facilities and the quality and robustness of the data which supports these products, I strongly recommend that health practitioners take advantage of the opportunity this booklet provides to gain an introduction to the comprehensive portfolio of Schwabe products which are now available in the UK. I am confident this first step into this new world of regulated traditional herbal medicines will be rewarding and that this initial insight will only encourage you to delve deeper into the wealth of experience Schwabe Pharma has in this intriguing field of medicine."

WHICH HERB?

	AGNUS CASTUS <i>Vitex agnus castus</i> L.	ARTICHOKE <i>Cynara scolymus</i> L.	BLACK COHOSH <i>Cimicifuga racemosa</i> (L.) Nutt.	DEVIL'S CLAW <i>Harpagophytum procumbens</i>	ECHINACEA <i>Echinacea purpurea</i> L. Moench	FEVERFEW <i>Tanacetum parthenium</i> L. Schultz Bip.	MILK THISTLE <i>Silybum marianum</i> L. Gaertner	PASSION FLOWER <i>Passiflora incarnata</i> L.	PELARGONIUM <i>Pelargonium sidoides</i> DC	RHODIOLA <i>Rhodiola rosea</i> L.	SAGE <i>Salvia officinalis</i>	ST JOHN'S WORT <i>Hypericum perforatum</i> L.	TURMERIC <i>Curcuma longa</i> L.	VALERIAN <i>Valeriana officinalis</i> L.
Aches & pains in the joints														
Backache														
Bloating														
Blocked nose														
Breast tenderness														
Common cold														
Digestive complaints														
Exhaustion														
Fatigue														
Flatulence														
Hot flushes														
Indigestion														
Influenza symptoms														
Irritability														
Low mood														
Menopausal symptoms														
Menstrual cramps														
Migraine headaches														
Mild anxiety														
Mood swings														
Muscular aches & pains														
Nausea														
Night sweats														
Premenstrual syndrome symptoms														
Rheumatic pain														
Runny nose														
Sleep disturbances														
Sore throat														
Stress														
Upper respiratory tract infections														
Upset stomach														



AGNUS CASTUS

Vitex agnus castus L.

Also called vitex, chasteberry or monk's pepper, Vitex agnus castus is a large shrub native to southern Europe. The plant produces small, fragrant white or lilac coloured flowers in the height of summer and after pollination develops dark reddish-brown-to-black fruits about the size of peppercorns.

AT A GLANCE:

Herbal Active	Agnus Castus (<i>Vitex agnus castus L.</i>)						
Strength	4mg of dried fruit extract (equivalent to 28-52mg of Agnus Castus)						
Dose	One tablet daily						
Vegetarian	✓	Vegan	✗	Lactose free	✗	Gluten free	✓
Wheat free	✓	Soya free	✓	Corn free	✗	Sugar free	✓

MHRA Registration Number: THR 23056/0002

- PremHerb PMS Relief Tablets

Indication	A traditional herbal medicinal product used to help relieve symptoms of premenstrual syndrome such as irritability, mood swings, breast tenderness, bloating and menstrual cramps, based on traditional use only.
Use	Agnus Castus is traditionally used to relieve symptoms of premenstrual syndrome including: <ul style="list-style-type: none"> • Irritability • Mood swings • Breast tenderness • Bloating • Menstrual cramps
Composition	Film-coated tablet. Salmon pink, round, convex, scored tablet.

Active Agent	Each film-coated tablet contains: 4.0 mg of extract (as dry extract) from Agnus castus fruit (<i>Vitex agnus castus L.</i>) (7-13:1)(equivalent to 28-52 mg of Agnus castus). Extraction solvent: Ethanol 60% m/m. Each film-coated tablet also contains 124 mg of lactose monohydrate and 36 mg of liquid glucose. Patients with hereditary problems of galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption should not take this medicine.
Dosage	For oral use only. <ul style="list-style-type: none"> • For women experiencing premenstrual symptoms, take 1 tablet daily. Tablets should be taken at the same time of day if possible (morning or evening) and swallowed whole with plenty of liquid. • Some individuals may need to take this product for up to 3 months for maximum benefit to occur. • Women suffering from a current pituitary disorder should not take this product.
Contra-Indications	This product should not be used by: <ul style="list-style-type: none"> • Patients under 18 years old. • Women who are pregnant, breast feeding or trying to become pregnant. • Patients suffering from a pituitary disorder • Patients who are allergic to any of the ingredients
Special Warnings	Agnus castus is thought to act on the pituitary-hypothalamic axis and therefore patients with a history of a pituitary disorder should consult with a doctor before using this product.
Side Effects	Mild and reversible, transient side-effects are associated with Agnus castus use. Postmarketing surveillance studies suggest that the approximate incidence of adverse effects is between 1.9 - 5 %. Most frequently these are: <ul style="list-style-type: none"> • Nausea • Stomach disturbances • Headache • Diarrhoea • Allergic skin reactions.
Interactions	None known. Animal experiments have shown that the drug has a dopaminergic effect and so, theoretically, there could be a reduction in the effectiveness of dopamine-receptor antagonists, and/or a potentiation of dopamine-receptor agonists.



BLACK COHOSH

Cimicifuga racemosa (L.) Nutt.

Black Cohosh (known as both *Actaea racemosa* and *Cimicifuga racemosa*), a member of the buttercup family, is a perennial plant that is native to North America. Other common names include black snakeroot, bugbane, bugwort, rattleroot, rattletop, rattleweed, and macrotys. Insects avoid it, which accounts for some of these common names.

AT A GLANCE:

Herbal Active	Black Cohosh (<i>Cimicifuga racemosa</i> (L.) Nutt.)			
Strength	6.5mg of dried rhizome and root extract (equivalent to 29.25-55.25mg of Black Cohosh)			
Dose	One tablet daily			
Vegetarian	Vegan	Lactose free	Gluten free	
Wheat free	Soya free	Corn free	Sugar free	

MHRA Registration Number: THR 23056/0003

- MenoHerb Black Cohosh Menopause Relief Tablets

Indication	A traditional herbal medicinal product used for the relief of symptoms of the menopause, such as hot flushes, night sweats, and temporary changes in mood (such as nervous irritability and restlessness) based on traditional use only. As there is evidence that Black Cohosh may have hormone-like actions, it should only be used by women of childbearing potential if contraception is used.
Use	Black Cohosh is traditionally used to relieve symptoms of the menopause including: <ul style="list-style-type: none"> Hot flushes Night sweats Temporary changes in mood e.g. nervous irritability and restlessness.
Composition	Film-coated tablet. White, round, convex curved and with a score mark on one side.
Active Agent	Each film-coated tablet contains: 6.5 mg of extract (as dry extract) from Black Cohosh rhizome and root (<i>Cimicifuga racemosa</i> (L.) Nutt.) (4.5-8.5:1) (equivalent to 29.25-55.25 mg of Black Cohosh). Extraction solvent: Ethanol 60% v/v.

Active Agent	Each film-coated tablet also contains 142 mg lactose monohydrate. Patients with rare hereditary problems of galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption should not take this medicine
Dosage	For oral use only. <ul style="list-style-type: none"> For women experiencing menopausal symptoms, take 1 tablet daily. Tablets should be taken at the same time of day if possible (morning or evening) and swallowed whole with plenty of liquid. Do not chew the tablets. Hepatic and renal impairment: The safety of Black Cohosh root extract has not been studied in patients with hepatic and/or renal impairment. This product should not be taken by patients who have hepatic impairment or renal impairment.
Contra-Indications	This product should not be used: <ul style="list-style-type: none"> In patients under 18 years old. Women who are pregnant or breast feeding or in women who could become pregnant (unless contraception is used). In patients who have active liver disease or a history of liver damage. In patients currently receiving treatment for or have had a history of an oestrogen dependent tumour.
Special Warnings	<ul style="list-style-type: none"> Advice should be sought from a doctor if the patient has a family history of an oestrogen dependent tumour. Oestrogens may only be taken simultaneously with this product under medical supervision, as their effect may be intensified by Black Cohosh. There have been rare cases of hepatic reactions associated with the use of Black Cohosh. Patients taking this product should be informed to immediately stop the use of the product and consult their doctor if they develop signs and symptoms suggestive of liver dysfunction. (Fatigue, anorexia, yellowing of the skin and eyes or severe upper stomach pain with nausea and vomiting or dark urine). If menstrual disorders occur or menstruation re-appears and if the symptoms are persistent, of unknown origin, or have recently occurred, a doctor should be consulted as this may indicate the presence of other conditions which need to be medically diagnosed.
Interactions	None known.

COMBINATION PRODUCT



BLACK COHOSH & ST JOHN'S WORT

***Cimicifuga racemosa* (L.) Nutt. plus *Hypericum perforatum* L.)**

A powerful combination of Black Cohosh and St John's Wort – specifically formulated for women who experience bouts of low mood in addition to common menopausal symptoms.

AT A GLANCE:

Herbal Active	St John's Wort (<i>Hypericum perforatum</i> L.) and Black Cohosh (<i>Cimicifuga racemosa</i> L. Nutt)						
Strength	300 mg of dried aerial parts extract (equivalent to 1050-1800mg of St John's Wort) and 6.4 mg of dried rhizome and root extract (equivalent to 28.8-54.4mg of Black Cohosh)						
Dose	One tablet daily						
Vegetarian	✓	Vegan	✗	Lactose free	✗	Gluten free	✓
Wheat free	✓	Soya free	✓	Corn free	✗	Sugar free	✗

MHRA Registration Number: THR 23056/0013

- MenoMood Menopause Relief Tablets

Indication	A traditional herbal medicinal product used for the relief of symptoms of the menopause, including hot flushes, night sweats, slightly low mood and mild anxiety, based on traditional use only.
Use	St John's Wort and Black Cohosh combined are traditionally used to relieve symptoms of the menopause, including: <ul style="list-style-type: none"> • Hot flushes • Night sweats • Slightly low mood • Mild anxiety
Composition	Coated tablet. Light yellow, round, biconvex, smooth glossy surface

Active Agent

Each coated tablet contains:

- 300 mg of extract (as dry extract) from St John's Wort aerial parts (*Hypericum perforatum* L.) (3.5-6:1) (equivalent to 1050 -1800 mg of St John's Wort). Extraction solvent: Ethanol 60% (v/v);
- 6.4 mg of extract (as dry extract) from Black Cohosh rhizome and root (*Cimicifuga racemosa* (L.) Nutt.) (4.5-8.5:1) (equivalent to 28.80-54.40 mg of Black Cohosh). Extraction solvent: Ethanol 60% (v/v)

Each coated tablet also contains: Sucrose (234 mg), lactose monohydrate (19 mg) and glucose (6 mg). Patients with rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase insufficiency should not take this medicine.

Dosage

- **Adults and the elderly:** For women experiencing menopausal symptoms: Take 1 tablet daily. Tablets should be taken at the same time of day if possible (morning or evening) and swallowed whole with plenty of liquid. Do not chew the tablets
- If symptoms persist or worsen after 6 weeks of using this product, a doctor or qualified healthcare practitioner should be consulted.

Contra-Indications

As St John's Wort and Black Cohosh

Side Effects

As St John's Wort and Black Cohosh

Interactions

As St John's Wort and Black Cohosh



DEVIL'S CLAW

Harpagophytum procumbens

A perennial shrub that grows wild in the desert countries of Southern Africa, most notably in the Kalahari sands of Namibia. After heavy rain it develops luscious leaves and beautiful red-violet trumpet-shaped flowers. The herb takes its common name from its large thorny-seedpods, which are a hazard for animals when they become entangled in their fur – its botanical name is derived from the Greek 'harpago' meaning a 'grappling hook'.

AT A GLANCE:

Herbal Active	Devil's Claw (<i>Harpagophytum procumbens</i>)			
Strength	600mg of dried root extract (equivalent to 900-1500mg of Devil's Claw root)			
Dose	One tablet twice daily			
Vegetarian	Vegan	Lactose free	Gluten free	
Wheat free	Soya free	Corn free	Sugar free	

MHRA Registration Number: THR 23056/0001

- FlexiHerb Muscle & Joint Pain Relief Tablets

Indication	A traditional herbal medicinal product used for the relief of backache, rheumatic or muscular pain, and general aches and pains in the muscles and joints, based on traditional use only.
Use	Devil's Claw is traditionally used to relieve: <ul style="list-style-type: none"> Backache Rheumatic or muscular pain General muscular aches and pains in the muscles and joints.
Composition	Film-coated tablet. White, oblong, smooth surface film coating without ruptures.

Active Agent	Each film-coated tablet contains: 600 mg of extract (as dry extract aqueous) from Devil's Claw root (<i>Harpagophytum procumbens</i>) (equivalent to 900-1500 mg of Devil's Claw root). Each film-coated tablet also contains 170mg of lactose monohydrate and 20 mg of sucrose. Patients with rare hereditary problems of fructose intolerance, galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption or sucrose-isomaltase insufficiency should not take this medicine.
Dosage	For oral short term use only. <ul style="list-style-type: none"> For adults and the elderly, take 1 tablet twice daily. Take one dose in the morning and one in the evening. Tablets should be swallowed whole with a little liquid. The tablets should not be chewed. The dose can be increased to 2 tablets twice daily if the patient does not obtain relief after 3-5 days. If symptoms worsen or persist after 8 weeks of using this product, a doctor or a qualified healthcare practitioner should be consulted.
Contra-Indications	This product should not be used; <ul style="list-style-type: none"> In patients under 18 years old. Women who are pregnant or breast feeding In cases of known hypersensitivity to Devil's Claw or one of the ingredients.
Special Warnings	<ul style="list-style-type: none"> If articular pain accompanied by swelling of joint, redness or fever are present, a doctor should be consulted. As a general precaution, patients with gastric or duodenal ulcer should not use Devil's Claw preparations.
Side Effects	<ul style="list-style-type: none"> Gastrointestinal disorders: diarrhoea, nausea, vomiting, abdominal pain. Central Nervous system disorders: Headache, dizziness Skin disorders: allergic skin reactions (rash and itching) <p>The frequency is not known</p>
Interactions	None known.



ECHINACEA

Echinacea purpurea (L.) Moench

Also known as the purple or prairie coneflower, Echinacea is a wild flower with daisy-like purple blossoms. It is native to the grasslands of Central North America and is usually grown in the UK as a garden plant. The name Echinacea is derived from the Greek word for prickly hedgehog referring to the sharp pointed scales on the dried flower heads.



AT A GLANCE / COLD & FLU RELIEF TABLETS:							
Herbal Active	Echinacea (<i>Echinacea purpurea</i> (L.) Moench)						
Strength	40 mg of dried root extract (equivalent to 260 mg of Echinacea)						
Dose	two to three tablets three times daily						
Vegetarian	✓	Vegan	✗	Lactose free	✗	Gluten free	✓
Wheat free	✓	Soya free	✓	Corn free	✓	Sugar free	✓

AT A GLANCE / COLD & FLU RELIEF EFFERVESCENT TABLETS:							
Herbal Active	Echinacea (<i>Echinacea purpurea</i> (L.) Moench)						
Strength	176mg of dried pressed juice (equivalent to 3520-4928mg of Echinacea)						
Dose	One to two effervescent tablets daily						
Vegetarian	✓	Vegan	✓	Lactose free	✓	Gluten free	✓
Wheat free	✓	Soya free	✓	Corn free	✓	Sugar free	✓

MHRA Registration Number: THR 15525/0009

- EchinaCold Echinacea Cold & Flu Relief Tablets

MHRA Registration Number: THR 18397/0004

- EchinaCold Echinacea Cold & Flu Relief Effervescent Tablets

Indication	A traditional herbal medicinal product used to relieve the symptoms of common cold and influenza type infections based on traditional use only.
Use	Echinacea is traditionally used to relieve symptoms of: <ul style="list-style-type: none"> The common cold Influenza type infections
Composition	<ol style="list-style-type: none"> Film-coated tablets. Round, biconvex, brown-grey speckled tablets. Effervescent tablet. Round, flat, ivory-coloured effervescent tablets.

Active Agent

- 1 film-coated tablet contains 40 mg of extract (as dry extract) (6.5:1) equivalent to 260 mg *Echinacea purpurea* root (*Echinacea purpurea* L. Moench) Extraction solvent: Ethanol 45% V/V. Excipient(s): One tablet contains lactose monohydrate 7 mg, glucose (dextrose) 261 mg and sorbitol 110 mg. Since the tablet contains lactose monohydrate, glucose and sorbitol (see section 6.1) patients with rare hereditary problems of galactose intolerance, fructose intolerance, the Lapp lactase deficiency, glucose-galactose malabsorption or sucrase-isomaltase insufficiency should not take this medicine.
2. One effervescent tablet contains: 176mg of dried pressed juice from fresh flowering *Echinacea purpurea* (L.) Moench herb (20-28:1) (equivalent to 3250 mg-4928 mg of fresh flowering *Echinacea purpurea* (L.) Moench herb). One effervescent tablet also contains 17.05 mmol (or 392 mg) sodium

Dosage

1. Film-coated tablets. For oral use only
 - Adults, elderly and children over 12 years: 2 to 3 tablets 3 times a day.
 - Start at first signs of common cold.
 - Duration of use: Do not use this product for more than 10 days.
 - If symptoms worsen during the use of the product or persist for more than 10 days, a doctor or a qualified healthcare practitioner should be consulted
2. Effervescent tablets. For oral use only
 - Adults, elderly and children over 12 years: 1 or 2 effervescent tablets daily, dissolved in a glass of water (about 200 ml). The dissolved tablets should be drunk immediately.
 - Start at first signs of common cold.
 - Duration of use: Do not use this product for more than 10 days.
 - If symptoms worsen during the use of the product or persist for more than 10 days, a doctor or a qualified healthcare practitioner should be consulted

Contra-Indications	<p>This product is not to be used in the following cases:</p> <ul style="list-style-type: none"> • In children under 12 years of age • By women who are pregnant or breast feeding • Because of its immunostimulating activity, Echinacea must not be used in cases of progressive systemic disorders (tuberculosis, sarcoidosis), autoimmune diseases (e.g.: collagenoses, multiple sclerosis), immunodeficiencies (e.g.: HIV infection; AIDS), immunosuppression (e.g.: oncological cytostatic therapy; history of organ or bone marrow transplant), diseases of the white blood cell system (e.g.: agranulocytosis, leukaemia) and allergic diathesis (e.g.: urticaria, atopic dermatitis, asthma). • In patients with known hypersensitivity to the active substance or to plants of the Asteraceae (Compositae) family.
Side Effects	<ul style="list-style-type: none"> • Hypersensitivity reactions (rash, urticaria, Stevens-Johnson Syndrome, angioedema of the skin, Quincke edema, bronchospasm with obstruction, asthma and anaphylactic shock) may occur. • Echinacea can trigger allergic reactions in atopic patients. • Association with autoimmune diseases (encephalitis disseminata, erythema nodosum, immunothrombocytopenia, Evans Syndrome, Sjögren syndrome with renal tubular dysfunction) has been reported. • Leucopenia may occur in long-term use (more than 8 weeks). <p>The frequency is not known. If other adverse reactions not mentioned above occur, a doctor or qualified healthcare practitioner should be consulted.</p>
Interactions	<p>Not to be used concomitantly with immunosuppressant medications such as ciclosporin and methotrexate.</p>



FEVERFEW

Tanacetum parthenium L. Schultz Bip.

A member of the same family as Camomile, Feverfew bears similar clusters of daisy-like flowers throughout the summer. It is sometimes also known as featherfew or febrifuge. The name is thought to come from the Latin 'febris' meaning fever and 'fugure' meaning to drive away. It grows up to 60 cm in height and spread and provides a supply of fresh, feathery yellow-green leaves all year round.

AT A GLANCE:

Herbal Active	Feverfew (<i>Tanacetum parthenium</i> L. Schultz Bip.)			
Strength	100mg of Feverfew herb			
Dose	One capsule daily			
Vegetarian ✓	Vegan ✓	Lactose free ✓	Gluten free ✓	
Wheat free ✓	Soya free ✓	Corn free ✓	Sugar free ✓	

MHRA Registration Number: THR 23056/0004

- MigraHerb Migraine Relief Capsules

Indication	A traditional herbal medicinal product used for the prevention of migraine headaches, based on traditional use only.
Use	Feverfew is traditionally used to prevent <ul style="list-style-type: none"> Migraine headaches
Composition	Hard white capsule
Active Agent	Each hard capsule contains: 100mg Feverfew herb (<i>Tanacetum parthenium</i> L. Schultz Bip.)
Dosage	For oral short term use only. <ul style="list-style-type: none"> For adults and the elderly: take 1 capsule daily. Capsules should be swallowed whole with water or a little liquid. The capsules should not be chewed. This product should be taken continuously for three months in order to achieve maximum benefit. Duration of use: If symptoms persist or worsen after 12 weeks a doctor or a qualified healthcare practitioner should be consulted.
Contra-Indications	This product should not be used by: <ul style="list-style-type: none"> Patients under 18 years of age Women who are pregnant or breast feeding

Contra-Indications

- In patients with known hypersensitivity to any of the ingredients or to Feverfew, chrysanthemums, daisies, marigolds, or other members of the Asteraceae (Compositae) family, including ragweed.

Special Warnings

- Patients who take Feverfew for migraine should have been previously diagnosed by a doctor of this condition. If the patient experiences changes in the migraines (i.e. increase in attacks, worsening of pain, new symptoms) they should be instructed to consult their doctor.
- Long-term Feverfew users who stop treatment suddenly may experience withdrawal symptoms, including rebound headaches, anxiety, difficulty sleeping, muscle stiffness, and joint pain. Patients who are on long term therapy with Feverfew should be instructed to seek professional advice before stopping treatment.
- Evidence from a limited number of *in vitro* studies suggests that Feverfew may inhibit platelet function, the relevance of this in humans is unknown.

Side Effects

- The review of the adverse drug reactions reported in clinical trials indicates that most side-effects are mild and reversible.
- Mouth inflammation or ulcers, including swelling of the lips, tongue irritation, bleeding of the gums, and loss of taste have been reported, usually after direct contact of the mouth with the leaves, although some people report burning after swallowing a capsule containing dried leaf.
 - Photosensitivity (sensitivity to sunlight or sunlamps) has been reported with other herbs in the Asteraceae (Compositae) plant family (see Section 4.4).
 - Indigestion, nausea, flatulence, constipation, diarrhoea, abdominal bloating, and heartburn have been reported rarely.
 - Feverfew can also cause allergic rashes.
 - Increased heart rate in some patients has been reported in one small study.
 - Other side effects that have been reported spontaneously are eosinophilia, abnormal liver function tests, arthritis, renal failure, Raynaud's phenomenon and hypertension. These were spontaneously generated adverse drug reactions during post-marketing surveillance and the causal relation to Feverfew cannot be established.

Interactions

Feverfew theoretically may increase the risk of bleeding when taken with drugs that affect coagulation and bleeding. Some examples include aspirin, anticoagulants such as warfarin or heparin, anti-platelet drugs such as clopidogrel, and non-steroidal anti-inflammatory drugs such as aspirin, ibuprofen and naproxen.



MILK THISTLE

Silybum marianum (L.) Gaertner

The milk thistle is a thistle of the genus *Silybum* Adans., a flowering plant of the daisy family (Asteraceae). They are native to the Mediterranean regions of Europe, North Africa and the Middle East. The name “milk thistle” derives from two features of the leaves: they are mottled with splashes of white and they contain a milky sap.

AT A GLANCE: THISILYN MILK THISTLE CAPSULES:

Herbal Active	Milk Thistle (<i>Silybum marianum</i> (L.) Gaertner)						
Strength	89-121mg of dried fruit extract (equivalent to 1.721-5.000 g of Milk Thistle fruits, corresponding to 50mg of silymarin calculated as silibinin)						
Dose	One capsule up to twice daily						
Vegetarian	✗	Vegan	✗	Lactose free	✓	Gluten free	✓
Wheat free	✓	Soya free	✓	Corn free	✓	Sugar free	✓

AT A GLANCE: THISILYN MAXIMUM STRENGTH MILK THISTLE CAPSULES:

Herbal Active	Milk Thistle (<i>Silybum marianum</i> (L.) Gaertner)						
Strength	193-261mg of dried fruit extract (equivalent to 3.725-10.818 g of Milk Thistle fruits, corresponding to 108mg of silymarin calculated as silibinin)						
Dose	One capsule up to twice daily						
Vegetarian	✗	Vegan	✗	Lactose free	✓	Gluten free	✓
Wheat free	✓	Soya free	✓	Corn free	✓	Sugar free	✓

MHRA Registration Number: THR 23056/0012

- Thisilyn Milk Thistle Capsules

MHRA Registration Number: THR 23056/0010

- Thisilyn Maximum Strength Milk Thistle Capsules

Indication	A traditional herbal medicinal product used to relieve the symptoms associated with occasional over indulgence of food and drink such as indigestion and upset stomach, based on traditional use only.
Use	Milk Thistle is traditionally used to relieve: <ul style="list-style-type: none"> • Occasional over indulgence of food and drink • Indigestion • Upset stomach

Composition	<ol style="list-style-type: none"> 1. Milk Thistle capsules - Hard capsule. Ivory, opaque, hard gelatin capsule 2. Milk Thistle Max. Strength capsules – Hard capsule. Red, opaque, hard gelatin capsule
Active Agent	<ol style="list-style-type: none"> 1. Each Milk Thistle hard capsule contains: 89 mg – 121 mg of extract (as dry extract) from Milk Thistle fruits (<i>Silybum marianum</i> (L.) Gaertner) (equivalent to 1.721 g – 5.000 g of Milk Thistle fruits) corresponding to 50 mg of silymarin, calculated as silibinin. Extraction solvent: Acetone 95% v/v. 2. Each Milk Thistle Max Strength hard capsule contains: 193 mg – 261 mg of extract (as dry extract) from Milk Thistle fruits (<i>Silybum marianum</i> (L.) Gaertner) (equivalent to 3.725 g – 10.818 g of Milk Thistle fruits) corresponding to 108 mg of silymarin, calculated as silibinin. Extraction solvent: Acetone 95% v/v.
Dosage	<p>For oral use only.</p> <ul style="list-style-type: none"> • Adults and the elderly: Take 1 capsule up to twice daily. The capsules should be swallowed whole with some water or other liquid. The capsules should not be chewed. • If symptoms persist or worsen, a doctor or qualified healthcare practitioner should be consulted.
Contra-Indications	<p>This product should not be used:</p> <ul style="list-style-type: none"> • In patients under 18 years old. • Women who are pregnant or breast feeding • In cases of known hypersensitivity to Milk Thistle or to plants of the Asteraceae (Compositae) family or one of the ingredients
Special Warnings	<p>Patients suffering from active liver disease should consult their doctor before taking the product.</p> <p>Milk Thistle may alter the way that certain drugs are broken down by the liver.</p>
Side Effects	<ul style="list-style-type: none"> • Gastrointestinal reactions (nausea, upset stomach, diarrhoea), headache, allergic reactions (urticaria, skin rash, pruritis, anaphylaxis). The frequency is not known. <p>If other adverse reactions not mentioned above occur, a doctor or a qualified healthcare practitioner should be consulted.</p>
Interactions	None known.



PASSION FLOWER

Passiflora incarnata L.

Native to South America, this climbing shrub can grow as high as 9m and is widely cultivated throughout Europe. It produces wonderful showy flowers with white petals surrounded by a crown of pink or violet filaments and large stamens with orange coloured sacs.

AT A GLANCE:

Herbal Active	Passion Flower (<i>Passiflora incarnata</i> L.)			
Strength	425mg of dried extract (equivalent to 2125-2975mg of Passion Flower)			
Dose	One tablet daily			
Vegetarian ✓	Vegan ✗	Lactose free ✓	Gluten free ✓	
Wheat free ✓	Soya free ✓	Corn free ✓	Sugar free ✗	

MHRA Registration Number: THR 23056/0008

- RelaxHerb Passion Flower Tablets

Indication	A traditional herbal medicinal product used for the temporary relief of symptoms associated with stress such as mild anxiety, based on traditional use only.
Use	Passion Flower is traditionally used to relieve <ul style="list-style-type: none"> Symptoms of stress Mild anxiety
Composition	Coated tablet. Light-yellow, round, biconvex, smooth glossy surface without ruptures.

Active Agent	<p>Each coated tablet contains 425mg of extract (as dry extract aqueous ethanolic 50% v/v) from Passion Flower (<i>Passiflora incarnata</i> L.) (equivalent to 2125 – 2975 mg of Passion Flower).</p> <p>Each coated tablet also contains 187 mg of sucrose and 5 mg of glucose. Patients with rare hereditary problems of fructose intolerance, galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption or sucrose-isomaltase insufficiency should not take this medicine.</p>
Dosage	<p>For oral use short term only.</p> <ul style="list-style-type: none"> For adults and the elderly: take 1 tablet daily if required. Tablets should be swallowed whole with a little liquid. The tablets should not be chewed. If symptoms persist or worsen after 4 weeks of using this product, a doctor or qualified healthcare practitioner should be consulted.
Contra-Indications	<p>This product should not be used by:</p> <ul style="list-style-type: none"> Patients under 18 years old. Women who are pregnant or breast feeding In cases of known hypersensitivity to Passion Flower or one of the ingredients.
Side Effects	<p>One case of hypersensitivity (vasculitis) and one case of nausea and tachycardia have been reported. The frequency is not known. If other adverse reactions not mentioned above occur, a doctor or a qualified healthcare practitioner should be consulted.</p>
Interactions	<p>Although no clinical data about interactions with synthetic sedatives are available, concomitant use with synthetic sedatives (such as benzodiazepines) is not recommended.</p>



PELARGONIUM

Pelargonium sidoides DC.

A member of the Geranium family, *Pelargonium sidoides* DC is native to South Africa and grows throughout the Eastern Cape. The long-stalked leaves of this rosette-like plant are mildly aromatic, heart-shaped and velvety. Its distinctive dark, reddish-purple flowers are present throughout the year, but occur mostly from late spring to summer with a peak in mid-summer.

AT A GLANCE / TABLETS:					
Herbal Active	Pelargonium (<i>Pelargonium sidoides</i> DC.)				
Strength	20mg of dried root extract				
Dose	Adults & children over 12 years: One tablet 3 times daily				
Vegetarian	✓	Vegan	✗	Lactose free	✗
Wheat free	✓	Soya free	✓	Corn free	✓
				Sugar free	✓



AT A GLANCE / ORAL DROPS & SYRUP :					
Herbal Active	Pelargonium (<i>Pelargonium sidoides</i> DC.)				
Strength	Oral Drops: Each 10g (9.75ml) of solution contains 8mg of dried root extract Syrup: Each 100g (93.985ml) of solution contains 0.2506g of dried root extract				
Dose	Oral Drops: Adults & children over 12 years: 30 drops three times daily Children 6 to 12 years: 20 drops three times daily Syrup: Adults & children over 12 years: 7.5ml three times daily Children 6 to 12 years: 5ml three times daily				
Vegetarian	✓	Vegan	✓	Lactose free	✓
Wheat free	✓	Soya free	✓	Corn free	✓
				Sugar free	✓

MHRA Registration Number: THR 05332/0005

- Kaloba Pelargonium Cough & Cold Relief Tablets

MHRA Registration Number: THR 05332/0003

- Kaloba Pelargonium Cough and Cold Relief Oral Drops

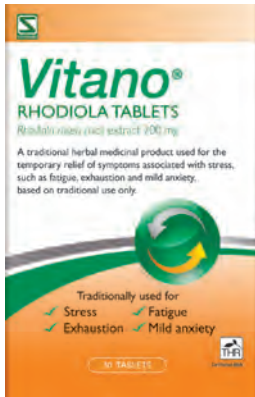
MHRA Registration Number: THR 05332/0006

- Kaloba Pelargonium Cough & Cold Relief Syrup

Indication	Traditional herbal medicinal product used to relieve the symptoms of upper respiratory tract infections including the common cold, such as sore throat, cough and blocked or runny nose, based on traditional use only.
Use	Pelargonium is traditionally used to relieve upper respiratory tract infections such as: <ul style="list-style-type: none"> • Common cold • Sore throat • Blocked or runny nose
Composition	<ol style="list-style-type: none"> 1. Tablets - Round, reddish-brown, smooth surface film coating without ruptures. 2. Oral solution - Light brown to reddish brown solution 3. Syrup - Orange to light brown, viscous syrup

Active Agent	<ol style="list-style-type: none"> Tablets - Each film-coated tablet contains: 20 mg of extract (as dry extract) from the roots of <i>Pelargonium sidoides</i> DC (1 : 8 - 10) (EPs® 7630). Extraction solvent 11% ethanol (w/w). Each film-coated tablet also contains 20 mg lactose monohydrate. Patients with rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrose-insomaltase insufficiency should not take this medicine. Oral solution - Each 10 g (= 9.75 ml) of oral solution contains: 8.0 g extract from the roots of <i>Pelargonium sidoides</i> DC (1 : 8 - 10) (EPs® 7630). Extraction solvent: 11% ethanol (w/w). 1 ml (approximately 20 drops) of Oral Drops, solution contains 120 mg ethanol (alcohol) equivalent to 2.4 ml beer or 1.0 ml of wine. Syrup - Each 100 g (= 93.985 ml) syrup contains: 0.2506 g dried liquid extract from the roots of <i>Pelargonium sidoides</i> DC (1 : 8 - 10) (EPs® 7630). The extraction agent is 11% ethanol (w/w).
Dosage	<ol style="list-style-type: none"> Tablets <ul style="list-style-type: none"> Adults and adolescents over 12 years of age: Take 1 tablet 3 times daily (morning, midday, evening). Tablets should be swallowed whole with a little water. The tablets should not be chewed. Oral solution <ul style="list-style-type: none"> Adults and adolescents over the age of 12: Take 30 drops three times per day. Children aged between 6-12 years: Take 20 drops three times per day. The necessary amount of drops may be taken directly from a spoon or, if preferred, can be mixed with half a glass of water and the contents of the entire glass should be drunk straightaway. The dose should be taken in the morning, at midday and in the evening. 20 drops is equivalent to approximately 1 ml 30 drops is equivalent to approximately 1.5 ml. Syrup <ul style="list-style-type: none"> Adults, the elderly and adolescents over 12 years of age: Take 7.5 ml of the syrup 3 times per day (morning, midday and evening). Shake the bottle well before use. Children aged between 6-12 years: Take 5 ml of the syrup 3 times per day (morning, midday and evening). Shake the bottle well before use.

Dosage cont/d	Duration of use: After relief of symptoms, continuation of treatment for further 2 – 3 days is recommended in order to prevent a relapse, however treatment duration should not exceed 2 weeks. If the symptoms persist during the use of the medicinal product, a doctor or a qualified healthcare practitioner should be consulted.
Contra-Indications	This product should not to be used: <ul style="list-style-type: none"> In children under 6 years of age (Oral Liquid and Syrup) In children under 12 years of age (Tablets) Women who are pregnant or breast feeding In patients with an increased tendency to bleeding In patients using coagulation-inhibiting drugs such as warfarin In patients with severe hepatic and renal diseases, due to lack of adequate data In cases of known hypersensitivity to <i>Pelargonium</i> (or any member of the <i>Geranium</i> family) or one of the ingredients.
Side Effects	<ul style="list-style-type: none"> Uncommon (less than 1 in 100, but more than 1 in 1,000 treated patients). Gastro-intestinal complaints such as stomach pain, heartburn, nausea or diarrhoea Rare (less than 1 in 1,000, but more than 1 in 10,000 treated patients). Mild bleeding from the gums or nose may occur. Furthermore, hypersensitivity reactions (e.g. exanthema, urticaria, pruritus of skin and mucous membranes) have been described in rare cases. Such reactions may occur after the first intake of the product. Very rare (less than 1 out of 10,000, treated patients). Serious hypersensitivity reaction with swelling of the face, dyspnoea and drop in blood pressure may occur. In single cases, signs indicating disturbances of liver function have been reported after the intake of this product; the casual relationship between this effect and the use of the product has not been demonstrated. If other adverse reactions not mentioned above occur, a doctor or qualified health care practitioner should be consulted.
Interactions	Drug interactions have not been reported to date. However, due to the potential influence of this product on coagulation parameters, the possibility that this product enhances the effect of coagulation-inhibiting drugs such as warfarin in cases of simultaneous intake cannot be excluded.



RHODIOLA

Rhodiola rosea L.

Rhodiola, or golden root as it is often referred to in ancient legends, is well known for its hardy properties. With its striking yellow summer flowers, it thrives close to the Arctic Circle in the dry mountainous areas of Scandinavia, Siberia, Northern China and Canada. It is thought to help boost physical and mental health and such are its reputed powers that it is recognised as an official medicine in Russia and Scandinavia for treating fatigue, memory loss and poor concentration.

AT A GLANCE:

Herbal Active	Rhodiola (<i>Rhodiola rosea</i> L.)			
Strength	200mg of dried roots and rhizomes extract (equivalent to 300-1000mg of <i>Rhodiola rosea</i> roots and rhizomes)			
Dose	One tablet twice daily			
Vegetarian ✓	Vegan ✓	Lactose free ✓	Gluten free ✓	
Wheat free ✓	Soya free ✓	Corn free ✓	Sugar free ✓	

MHRA Registration Number: THR 05332/0004

- Vitano Rhodiola Tablets

Indication	A traditional herbal medicinal product used for the temporary relief of symptoms associated with stress such as fatigue, exhaustion and mild anxiety, based on traditional use only.
Use	Rhodiola is traditionally used to relieve: <ul style="list-style-type: none"> Stress Fatigue Exhaustion
Composition	Film-coated tablet. Round, red tablet
Active Agent	Each film-coated tablet contains: 200 mg of extract (as dry extract) from <i>Rhodiola rosea</i> L. roots and rhizomes (1.5 – 5: 1) (WS® 1375) (equivalent to 300 – 1000 mg of <i>Rhodiola rosea</i> roots and rhizomes). Extraction agent: ethanol 60 % (m/m)

Dosage	<ul style="list-style-type: none"> Adults and the elderly: 2 tablets daily, 1 before breakfast and 1 before lunch, to be taken with a glass of water, preferably 30 minutes before food intake. Duration of use: Not to be taken for more than 2 months. If the symptoms worsen or persist for more than 2 weeks a doctor or a qualified healthcare practitioner should be consulted.
Contra-Indications	<p>This product should not be used:</p> <ul style="list-style-type: none"> In patients under 18 years old. Women who are pregnant or breast feeding In cases of known hypersensitivity to <i>Rhodiola rosea</i> or one of the ingredients.
Special Warnings	<ul style="list-style-type: none"> This product is intended for relief of symptoms associated with stress. Patients with signs and symptoms of depression should seek medical advice for appropriate treatment. The use in patients with impaired hepatic and renal function is not recommended because data are not sufficient and medical advice should be sought.
Side Effects	There have been sporadic case reports of hypersensitivity and hypoglycaemia. There is no clear relationship between the development of hypoglycaemia and the use of <i>Rhodiola rosea</i> extract.
Interactions	<i>In vitro</i> , <i>Rhodiola rosea</i> extract at a concentration of 10 microgram/ml resulted in inhibition of CYP2C9 and CYP2C19 isoenzymes. The clinical relevance of these findings is not known.



ST JOHN'S WORT

Hypericum perforatum L.

Found in many parts of the world including Europe, Asia and the United States, St John's Wort (*Hypericum perforatum L.*) is a bushy perennial plant with attractive yellow flowers. It grows wild, thriving in woods, hedgerows, roadsides and meadows. The yellow flowers yield a deep red oil - the colour comes from hypericin, a red pigment believed to be one of the active ingredients along with hyperforin. The plant also contains flavanoids and tannins.



AT A GLANCE: KARMAMOOD ST JOHN'S WORT TABLETS:

Herbal Active	St John's Wort (<i>Hypericum perforatum L.</i>)			
Strength	250mg of dried aerial parts extract (equivalent to 875-1500mg of St John's Wort)			
Dose	One tablet daily			
Vegetarian ✓	Vegan ✗	Lactose free ✗	Gluten free ✓	
Wheat free ✓	Soya free ✓	Corn free ✓	Sugar free ✓	

AT A GLANCE: KARMAMOOD ST JOHN'S WORT MAX STRENGTH TABLETS:

Herbal Active	St John's Wort (<i>Hypericum perforatum L.</i>)			
Strength	425mg of dried aerial parts extract (equivalent to 1490-2550mg of St John's Wort)			
Dose	One tablet daily			
Vegetarian ✓	Vegan ✗	Lactose free ✓	Gluten free ✓	
Wheat free ✓	Soya free ✓	Corn free ✗	Sugar free ✗	

MHRA Registration Number: THR 23056/001 I

- KarmaMood St John's Wort Tablets

MHRA Registration Number: THR 23056/0007

- KarmaMood Maximum Strength St John's Wort Tablets

Indication

A traditional herbal medicinal product used to relieve the symptoms of slightly low mood and mild anxiety, based on traditional use only.

Use

St John's Wort is traditionally used to relieve symptoms of:

- Slightly low mood
- Mild anxiety

Composition

1. Film-coated tablet. Round, ochre, film-coated tablets, free from ruptures.
2. Coated tablet. Round, yellow, coated tablets, free from ruptures.

Active Agents

1. Each film-coated tablet contains: 250 mg of extract (as dry extract) from St John's wort aerial parts (*Hypericum perforatum L.*)(3.5-6:1)(equivalent to 875 – 1500 mg of St John's wort). Extraction solvent: Ethanol 60% v/v. Each film-coated tablet contains: Lactose monohydrate (11 mg). Patients with rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase insufficiency should not take this medicine.
2. Each coated tablet contains: 425 mg of extract (as dry extract) from St John's wort aerial parts (*Hypericum perforatum L.*) (3.5-6:1)(equivalent to 1490 – 2550 mg of St John's wort). Extraction solvent: Ethanol 60% v/v. Each tablet also contains 234 mg of sucrose and 6 mg of glucose. Patients with rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase insufficiency should not take this medicine.

Dosage	<p>For oral short term use only.</p> <ul style="list-style-type: none"> For adults and the elderly: take 1 tablet daily. The tablets should be swallowed whole with a little liquid. The tablets should not be chewed. Patients should consult a doctor if symptoms worsen or do not improve after 6 weeks. 									
Contra-Indications	<p>This product should not be used:</p> <ul style="list-style-type: none"> In patients under 18 years old. Women who are pregnant or breast feeding In cases of known hypersensitivity to St John's Wort or one of the ingredients. In patients with known dermal photosensitivity or patients undergoing phototherapy or any photodiagnostic procedures. This product should not be taken concomitantly with the medicines listed below. This is because St John's wort (<i>Hypericum perforatum</i> L.) has been shown to induce the cytochrome P450 isoenzymes CYP1A2, CYP2C9 and CYP3A4 as well as transport protein P-glycoprotein. This results in pharmacokinetic interactions with a large number of medicines including leading to a possible decrease in the effectiveness of those medicines. <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #d3d3d3;">Co-administered drug</th> <th style="background-color: #d3d3d3;">Interaction</th> <th style="background-color: #d3d3d3;">Recommendations concerning co-administration</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="background-color: #f4b084;">Anaesthetics /pre-operative medicines</td> </tr> <tr> <td>Fentanyl, propofol, sevoflurane, midazolam</td> <td>Reduced blood levels with risk of therapeutic failure.</td> <td>Based on the elimination half-lives of hypericin and hyperforin this product should be discontinued at least 10 days prior to elective surgery.</td> </tr> </tbody> </table>	Co-administered drug	Interaction	Recommendations concerning co-administration	Anaesthetics /pre-operative medicines			Fentanyl, propofol, sevoflurane, midazolam	Reduced blood levels with risk of therapeutic failure.	Based on the elimination half-lives of hypericin and hyperforin this product should be discontinued at least 10 days prior to elective surgery.
Co-administered drug	Interaction	Recommendations concerning co-administration								
Anaesthetics /pre-operative medicines										
Fentanyl, propofol, sevoflurane, midazolam	Reduced blood levels with risk of therapeutic failure.	Based on the elimination half-lives of hypericin and hyperforin this product should be discontinued at least 10 days prior to elective surgery.								

Analgesics		
Tramadol	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Antianginals		
Ivabradine	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Anti-arrhythmics		
Amiodarone	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Antibacterials		
Erythromycin, clarithromycin, telithromycin	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Anticoagulants		
warfarin, acenocoumarol	Reduced anticoagulant effect and need for increased dose	Do not take with this product.
Antidepressants		
Tricyclics eg. amitriptyline, clomipramine MAOIs eg. moclobemide SSRIs eg. citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine, sertraline, Others eg. duloxetine, venlafaxine	Increased serotonergic effects with increased incidence of adverse reactions.	Do not take with this product.
Antiepileptics		
All drugs in this class including: carbamazepine phenobarbitone phenytoin primidone sodium valproate	Reduced blood levels with increased risk of frequency and severity of seizures.	Do not take with this product.
Antifungals		
itraconazole, voriconazole	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Antimalarials		
artemether lumefantrine	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.

Anti-parkinsons		
rasagiline	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Antipsychotics		
aripiprazole	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Antivirals		
HIV protease inhibitors: amprenavir, atazanavir, darunavir, fosamprenavir, indinavir, lopinavir, nelfinavir, ritonavir, saquinavir, tipranavir	Reduced blood levels with possible loss of HIV suppression.	Do not take with this product.
HIV non-nucleoside reverse transcriptase inhibitors: efavirenz, nevirapine, delavirdine	Reduced anticoagulant effect and need for increased dose	Do not take with this product.
Anxiolytics		
bupirone	Increased serotonergic effects with increased incidence of adverse reactions.	Do not take with this product.
Aprepitant	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Barbiturates		
butobarbital, phenobarbital	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Calcium channel blockers		
amlodipine, nifedipine, verapamil, felodipine	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Cardiac glycosides		
digoxin	Reduced blood levels and loss of control of heart rhythm or heart failure.	Do not take with this product.
CNS Stimulants		
methyl phenidate	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.

Cytotoxics		
irinotecan, dasatinib, erlotinib, imatinib, sorafenib, sunitinib, etoposide, mitotane	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Hormonal contraceptives		
Oral contraceptives Emergency Hormonal Contraception Hormonal implants, injections Transdermal patches, creams etc. Intra-uterine devices with hormones	Reduced blood levels with risk of unintended pregnancy and breakthrough bleeding.	Do not take with this product.
Hormone Replacement Therapy		
Hormone Replacement Therapy: Oral Trandermal patches, gels Vaginal rings	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Hormone antagonists		
exemestane	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Diuretics		
eplerenone	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
5HT agonists		
almotriptan, eletriptan, frovatriptan, naratriptan, rizatriptan, sumatriptan and zolmitriptan	Increased serotonergic effects with increased incidence of adverse reactions.	Do not take with this product.
Immunosuppressants		
ciclosporin, tacrolimus	Reduced blood levels with risk of transplant rejection.	Do not take with this product.

Lipid regulating drugs		
simvastatin, atorvastatin	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Lithium	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Proton pump inhibitors		
lansoprazole, omeprazole	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Theophylline	Reduced blood levels and loss of control of asthma or chronic airflow limitation.	Do not take with this product.
Thyroid hormones		
thyroxine	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Oral hypoglycaemic drugs		
gliclazide	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
In addition, pharmacodynamic interactions have also been identified with antidepressants, particularly the SSRI antidepressants and with the triptan group of medicines.		

Side Effects	<p>Gastrointestinal disorders including dyspepsia, anorexia, nausea, diarrhoea, constipation; allergic skin reactions such as rash, urticaria, pruritis; fatigue and restlessness have been reported. The frequency is not known.</p> <p>Fair-skinned individuals may react with intensified sunburn-like symptoms under intense sunlight or strong ultra-violet (UV) irradiation. Other adverse reactions that have been reported include headaches, neuropathy, anxiety, dizziness and mania.</p> <p>If other adverse reactions not mentioned above occur, a doctor, pharmacist or a qualified healthcare practitioner should be consulted.</p>
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Interactions	<p>Substances in St John's wort (<i>Hypericum perforatum</i> L.) have been shown to induce the cytochrome P450 isoenzymes CYP1A2, CYP2C9 and CYP3A4 as well as the transport protein P-glycoprotein. This results in pharmacokinetic interactions with a large number of medicines leading to a potential decrease in the effectiveness of those medicines. Clinically significant interactions have been reported with for example: warfarin, ciclosporin, HIV protease inhibitors, theophylline, digoxin, oral contraceptives, and anticonvulsants. Users of oral contraceptives taking St John's wort (<i>Hypericum perforatum</i> L.) may experience intracyclic menstrual bleeding and risk of contraception failure is increased.</p> <p>Clinically significant pharmacodynamic interactions have also been identified with the SSRI antidepressants, and the triptan group of medicines used to treat migraines. Due to the increased risk of undesirable effects associated with these interactions this product should not be used concomitantly with these types of medicines. Refer to Contra-indications for a full list of these medicines.</p>
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VALERIAN

Valeriana officinalis L.

Valerian grows wild in North America and Europe although it is also cultivated for medicinal purposes. It boasts pinkish flowers that grow from a tuberous rootstock or rhizome. It has a distinctive rather unpleasant smell and was aptly called phu by the Greek physician Galen.

AT A GLANCE:

Herbal Active	Valerian (<i>Valeriana officinalis L.</i>)			
Strength	150mg of dried root extract (equivalent to 450-900mg of Valerian root)			
Dose	One tablet daily			
Vegetarian ✓	Vegan ✗	Lactose free ✓	Gluten free ✓	
Wheat free ✓	Soya free ✓	Corn free ✗	Sugar free ✗	

MHRA Registration Number: THR 23056/0006

- NiteHerb Tablets

Indication	A traditional herbal medicinal product used for the temporary relief of sleep disturbances due to symptoms of mild anxiety, based on traditional use only.
Use	Valerian is traditionally used to relieve <ul style="list-style-type: none"> Sleep disturbances
Composition	Coated tablet. White, glossy, round, biconvex.
Active Agent	Each coated tablet contains: 150 mg of extract (as dry extract) from Valerian root (<i>Valeriana officinalis L.</i>)(equivalent to 450-900 mg of Valerian root). Extraction solvent: Ethanol 70% v/v. Each coated tablet also contains 35 mg of glucose and 136 mg of sucrose. Patients with rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase insufficiency should not take this medicine.

Dosage	For oral short term use only. <ul style="list-style-type: none"> For adults and the elderly: take 1 to 2 tablets half an hour before bedtime. If necessary, an additional tablet can be taken earlier in the evening. The tablets should not be chewed. As treatment effects may not be apparent immediately, this product should be taken for 2-4 weeks continuously.
Contra-Indications	This product should not be used: <ul style="list-style-type: none"> In patients under 18 years old. Women who are pregnant or breast feeding. In cases of known hypersensitivity to Valerian or one of the ingredients
Side Effects	<ul style="list-style-type: none"> Gastrointestinal symptoms, such as nausea, abdominal cramps, may occur. The frequency is not known. If other adverse reactions not mentioned above occur, a doctor or qualified healthcare practitioner should be consulted
Interactions	<ul style="list-style-type: none"> Only limited data on pharmacological interactions with other medicinal products are available. Additive effects with hypnotics and other sedative drugs cannot be excluded and therefore co-medication is not recommended as a general precaution. The effect of Valerian may be potentiated by alcohol. Excessive concomitant consumption of alcohol should therefore be avoided.

COMBINATION PRODUCT



VALERIAN & PASSION FLOWER

Valeriana officinalis L. & Passiflora incarnata L.

A powerful combination of Valerian and Passion Flower – Passion Flower is calming and helps patients to drift off to sleep whilst Valerian helps to sustain that sleep.

AT A GLANCE:

Herbal Active	Valerian Root (<i>Valeriana officinalis L.</i>) and Passion Flower herb (<i>Passiflora incarnata L.</i>)			
Strength	125mg of dried Valerian root extract (equivalent to 375-750mg of Valerian root) and 250mg of dried Passion Flower herb extract (equivalent to 1250-1750 Passion Flower herb)			
Dose	One to two tablets daily - 30 minutes before bedtime			
Vegetarian	Vegan	Lactose free	Gluten free	
Wheat free	Soya free	Corn free	Sugar free	

MHRA Registration Number: THR 23056/0009

- Bonuit Sleep Aid Tablets

Indication	A traditional herbal medicinal product used for the temporary relief of sleep disturbances due to symptoms of mild anxiety, based on traditional use only.
Use	Valerian Root and Passion Flower combined are traditionally used to relieve: <ul style="list-style-type: none"> Sleep disturbance Mild anxiety
Composition	Coated tablet. Light-yellow, round, biconvex, smooth glossy surface.

Active Agent

Each coated tablet contains:

- 125 mg of extract (as dry extract) from Valerian root (*Valeriana officinalis L.*) (3-6:1) (equivalent to 375 – 750 mg of Valerian root). Extraction solvent: Ethanol 70% v/v;
- 250mg of extract (as dry extract) from Passion Flower herb (*Passiflora incarnata L.*) (5-7:1) (equivalent to 1250 – 1750 mg of Passion flower herb). Extraction solvent: Ethanol 50% v/v

Each coated tablet contains 187 mg of sucrose and 32 mg of glucose. Patients with rare hereditary problems of galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption should not take this medicine

Dosage

- Adults and the elderly: Take one to two tablets half an hour before bedtime. Tablets should be swallowed whole with some water or other liquid. Do not chew the tablets.
- As treatment effects may not be apparent immediately, this product should be taken for at least 2 weeks continuously.

Contra-Indications

This product should not be used:

- In patients under 18 years old.
- Women who are pregnant or breast feeding.
- In cases of known hypersensitivity to Valerian, Passion Flower or any other of the ingredients.

Side Effects

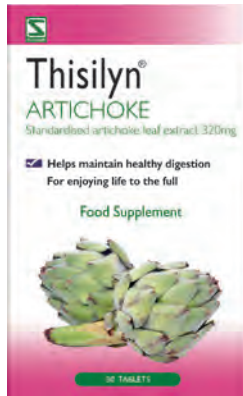
- Gastrointestinal symptoms, such as nausea, abdominal cramps, may occur. The frequency is not known.
- One case of hypersensitivity (vasculitis) and one case of tachycardia have been reported with Passion Flower. The frequency is not known.
- If other adverse reactions not mentioned above occur, a doctor or qualified healthcare practitioner should be consulted.

Interactions

- Only limited data on pharmacological interactions with other medicinal products are available. Additive effects with hypnotics and other sedative drugs cannot be excluded and therefore co-medication is not recommended as a general precaution.
- The effect of this product may be potentiated by alcohol. Excessive concomitant consumption of alcohol should therefore be avoided.

HERBAL FOOD SUPPLEMENTS

Schwabe manufactures a small range of herbal food supplements which are made to the same high quality standards as their traditional herbal medicines.



ARTICHOKE LEAF *Cynara scolymus L.*

One of nature's best-kept secrets when it comes to relieving a variety of digestive complaints.

AT A GLANCE:

Main Ingredient	Artichoke leaf (<i>Cynara scolymus L.</i>)			
Strength	320g of dried leaf extract (equivalent to 1280-1920mg of Artichoke leaf)			
Other Ingredients	microcrystalline cellulose (bulking agent), dicalcium phosphate, cross-linked sodium, carboxy methyl cellulose, magnesium stearate, polyvinylpyrrolidone, silicon dioxide. Coating: hydroxypropylmethylcellulose, polyethylene glycol 4000, polysorbate 80			
Dose	One to two tablets daily			
Vegetarian ✓	Vegan ✓	Lactose free ✓	Gluten free ✓	
Wheat free ✓	Soya free ✓	Corn free ✓	Sugar free ✓	

NUTRITIONAL INFORMATION:

Typical values per tablet		One tablet contains	Qty	% RDA*
Energy	3.7kJ/0.9kcal	Fat	0.02g	Artichoke leaf dry extract standardised
Carbohydrate	0.09g	of which saturates	Trace	
of which sugars	0.09g	Sodium	Trace	Approx. equivalent of dried leaf

*RDA means Recommended Daily Allowance

- means no RDA established

Warnings

- Do not exceed the stated daily dose
- Do not use this product as a substitute for a varied diet and a healthy lifestyle

HERBAL FOOD SUPPLEMENTS



SAGE LEAF *Salvia officinalis*

Sage has been historically used to reduce severity of hot flushes and night sweats by women experiencing menopausal symptoms.

AT A GLANCE:

Main Ingredient	Dried Sage leaf (<i>Salvia officinalis</i>)			
Strength	300 mg of dried Sage leaf			
Other Ingredients	hydroxypropylmethylcellulose			
Dose	One capsules up to three times a day			
Vegetarian ✓	Vegan ✓	Lactose free ✓	Gluten free ✓	
Wheat free ✓	Soya free ✓	Corn free ✓	Sugar free ✓	

NUTRITIONAL INFORMATION:

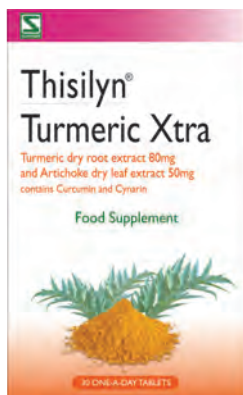
Typical values per capsule		One tablet contains	Qty	% RDA*
Energy	4.2kJ/1.0kcal	Fat	0.04g	Sage Leaf
Carbohydrate	0.18g	of which saturates	0.02g	
of which sugars	0.01g	Sodium	0.12g	300mg

*RDA means Recommended Daily Allowance

- means no RDA established

Warnings

- Do not exceed the stated daily dose
- Do not take if you believe you are pregnant unless advised by your doctor
- Do not use this product as a substitute for a varied diet and a healthy lifestyle



TURMERIC ROOT & ARTICHOKE LEAF

Curcuma longa L. and Cynara scolymus L.

Turmeric is known for its anti-inflammatory properties and combined with Artichoke, helps to maintain a healthy bowel and digestive function.

AT A GLANCE:

Main Ingredient	Turmeric root (<i>Curcuma longa L.</i>) and Artichoke leaf (<i>Cynara scolymus L.</i>)			
Strength	80 mg of dried root extract of Turmeric (equivalent to 2000 mg Turmeric root) and 50 mg of dried leaf extract of Artichoke (equivalent to 250 mg Artichoke leaf)			
Other Ingredients	dicalcium phosphate, microcrystalline cellulose, hydroxypropyl methyl cellulose, silicon dioxide, stearic acid, magnesium stearate, croscarmellose sodium, glycerol, titanium dioxide (E171) and iron oxides (E172)			
Dose	One tablet daily			
Vegetarian ✓	Vegan ✓	Lactose free ✓	Gluten free ✓	
Wheat free ✓	Soya free ✓	Corn free ✓	Sugar free ✓	

NUTRITIONAL INFORMATION:

Typical values per tablet				One tablet contains	Qty	% RDA*
Energy	1.8kJ/0.4kcal	Fat	0.022g	Turmeric root dry extract	80mg	-
Carbohydrate	0.057g	of which saturates	0.017g	Approx. equivalent of Turmeric root	2,000mg	-
of which sugars	0.003g	Sodium	0.02g	Artichoke leaf dry extract	50mg	-
Sodium	0.077mg	Protein	0.008g	Approx. equivalent of Artichoke leaves	250mg	-

*RDA means Recommended Daily Allowance

- means no RDA established

Warnings

- Do not exceed the stated daily dose
- Do not take if you believe you are pregnant or breast-feeding unless advised by your doctor
- Do not use this product as a substitute for a varied diet and a healthy lifestyle

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USEFUL LINKS

British Association for Applied Nutrition and Nutritional Therapy (BANT)	www.bant.org.uk
British Herbal Medicine Association	www.bhma.info
British Holistic Medical Association	www.bhma.org
Health Food Manufacturers Association (HFMA)	www.hfma.co.uk
Herbfacts	www.herbfacts.co.uk
List of Traditional Herbal Medicinal Products	www.thmps.co.uk
Medicines & Healthcare Products Regulatory Agency (MHRA)	www.mhra.gov.uk
NHS Choices	www.nhs.uk
Taking Herbal Medicines Seriously	www.takingherbalmedicinesseriously.co.uk
The College of Medicine	www.collegeofmedicine.org.uk
The Institute for Complementary and Natural Medicine (ICNM)	www.icnm.org.uk
The Integrative Health Resource	www.integrativehealthresource.com



Practitioner's Guide to Herbal Remedies

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For Health Practitioners only – May 2014 – Version 3

