



## 6: Further information

Each coated tablet of this product contains 425mg of extract (as dry extract aqueous ethanolic 50% v/v) from Passion flower (*Passiflora incarnata* L.) (equivalent to 2125-2975mg of Passion flower).

### This product also contains the following ingredients:

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

**Coating:** Sucrose, talc, calcium carbonate (E170), acacia, tragacanth, titanium dioxide (E171), liquid glucose spray dried, iron oxide hydrate (E172 = yellow iron oxide), hypromellose, Capol 600 T.S. containing: white beeswax, carnauba wax, shellac.

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

Each coated tablet contains 187 mg of sucrose and 5 mg of glucose.

Each pack contains 14 or 30 coated tablets.

Not all pack sizes may be marketed.

### Registration holder for this product

Schwabe Pharma (UK) Ltd

Alexander House, Mere Park, Dedmere Road, Marlow, Bucks SL7 1FX

### Manufacturer of this product

Wiewelhove GmbH,

Gildestrasse 39, 49477 Ibbenbüren, Germany

Traditional herbal registration number:

THR 23056/0008



Certification  
Mark

If you would like further information about this product, please contact:  
Schwabe Pharma (UK) Ltd

Alexander House, Mere Park, Dedmere Road, Marlow, Bucks SL7 1FX

Telephone: 01628 401980 Email: [info@schwabepharma.co.uk](mailto:info@schwabepharma.co.uk)

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For a large print, Braille or audio version of this leaflet, call 01628 401980

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## Patient Information Leaflet



# RelaxHerb® Passion Flower Tablets

Passion flower extract 425mg

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

It contains some important information about RelaxHerb Passion Flower tablets.

### Keep this leaflet with the tablets.

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

## What is in this leaflet

- 1: What this product is and what it is used for .....page 1
- 2: Before you take this product .....page 2
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## 1: What this product is and what it is used for

This product is a traditional herbal medicinal product containing Passion flower. Each coated tablet of this product contains 425mg of extract (as dry extract aqueous ethanolic 50% v/v) from Passion flower (*Passiflora incarnata* L.) (equivalent to 2125–2975mg of Passion flower).

RelaxHerb Passion Flower is a traditional herbal medicinal product used for the temporary relief of symptoms associated with stress, such as mild anxiety. This usage is based on traditional use only.

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## 2: Before you take this product

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

- under 18 years of age
- pregnant or breast-feeding
- allergic to any of the ingredients (see section 6)

**Tell your doctor before taking this product if you have an intolerance to some sugars** (see section 6).

**This product should not be taken in combination with synthetic sedatives (such as benzodiazepines).**

## 3: How to take this product

### Adults and the elderly

**Take 1 tablet daily if required.** Swallow the tablet whole with a little 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.**

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## 4: Possible side-effects

Like all medicines, this product can have side-effects. These are listed below.

### Side-effects

- |                                 |   |
|---------------------------------|---|
| ● <b>nausea</b> or feeling sick | If these persist for more than a few days, or become troublesome, stop taking this product. |
|---------------------------------|---|

### Other side-effects

There has been one report of tachycardia (increased heart beat) and one report of hypersensitivity (vasculitis) in patients using Passion flower. Tell your doctor or pharmacist if you notice any other side-effect not mentioned in this leaflet.

This product may cause drowsiness. If you are affected do not drive or operate machines.

You can help to make medicines safer by reporting any side-effects to the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). Alternatively you can get a paper Yellow Card form from your GP's surgery or pharmacy, or call Freephone 0800 100 3352 (available 10am–2pm Monday – Friday).

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

## 5: How to store this product

**Do not use your tablets after the expiry date.**

Return any out-of-date tablets to your pharmacist who will dispose of them for you. The expiry date is printed on the box and the blister pack.

**Store the tablets in a cool dry place.**

Do not store the tablets in a place where the temperature goes above 30°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.**

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