

## Information for the user



### Max Strength Echinacea Cold and Flu Relief Tablets *Echinacea purpurea* Root Extract

**Read all of this leaflet carefully before you take this product because it contains important information for you.**

This product is available without prescription; however, you still need to use this product carefully to get the best results from it.

Keep this leaflet, you may need to read it again. Ask your doctor, pharmacist or healthcare practitioner if you need more information or advice.

You must contact a doctor if your symptoms worsen or do not improve after 10 days.

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

#### **In this leaflet:**

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2. Before you take this product
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### **1. What the product is and what it is used for**

**This product contains:**

- ***Echinacea purpurea* root extract**

These tablets are a traditional herbal medicinal product used to relieve the symptoms of the common cold and influenza type infections based on traditional use only.

### **2. Before you take this product**

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

**Do not take this product if you are allergic to:**

- Echinacea or products from the same plant family: (Asteraceae/Compositae) such as daisies, marigolds or artichokes
- any if the other ingredients of this product. (See section 6 further information).

**Or if you suffer from:**

- frequent allergic reactions such as hives (urticaria), eczema, asthma
- the infection; tuberculosis
- connective tissue disease with formation of clumps of cells (sarcoidosis) mainly occurring in the lymph nodes, lungs and liver
- auto-immune diseases such as inflammation of the connective tissue (collagenosis) or multiple sclerosis
- conditions which decrease your natural response to infection (eg HIV infection or AIDS)
- are on therapy to reduce your natural response to infection (immunosuppression eg: chemotherapy or radiotherapy for cancer; history of organ or bone marrow transplant)

- blood disorders involving the white blood cell system such as low white cell count due to bone marrow disorders (agranulocytosis) or blood cell cancer (leukemias)

or if you are already taking immunosuppressant medication such as ciclosporin or methotrexate.

**Consult your doctor before taking this product:**

If you are prone to develop allergic reactions. Echinacea can trigger severe and life-threatening allergic reactions in patients who have a tendency to allergic reactions

**Taking other medicines.**

Please tell your doctor or pharmacist if you are taking medicines obtained without a prescription.

**Pregnancy and breast feeding**

**Do not take** this product if you are pregnant or breastfeeding, because there is no evidence that it is safe to do so.

### **3. How to take this product**

Start at the first signs of a common cold.

Swallow the tablet whole with water.

Do not chew.

**Adults, elderly and children over 12 years:**

Take 1 tablet, three times a day, if required.

**Do not give to children under 12 years.**

**Do not take more than the label/leaflet tells you to.**

Do not take this product for more than 10 days.

If the condition worsens or high fever occurs whilst taking the product or if symptoms persist for more than 10 days, see a doctor or a pharmacist.

If you take too many tablets by mistake, contact your doctor or pharmacist straight away.

If you miss a dose, take the next dose when it is due. Do not take a double dose to make up for the missed dose.

### **4. Possible side effects**

Like all medicines, this product can cause side effects, although not everybody gets them.

If any of the following serious allergic reactions occur, you should stop taking this medicine and seek medical advice immediately.

- Anaphylactic reaction - severe and potentially life-threatening reaction with symptoms that may include feeling lightheaded or faint, breathing difficulties or wheezing, a fast heartbeat, skin, rash, confusion, anxiety or loss of consciousness.
- Swelling or blistering of the skin, such as the face, lips, tongue, mouth or throat
- Difficulty breathing including shortness of breath
- Asthma or worsening of asthma symptoms

If other allergic skin reactions such as skin rash, urticaria (red bumps) or itching occur, medical advice should be sought as soon as possible.

Echinacea can trigger allergic reactions in patients who have a tendency to allergic reactions. Stop taking the product immediately if you experience any allergic reaction.

Other possible side effects that may occur are:

Association with auto-immune diseases has been reported such as:

- inflammation of the brain and spinal chord (disseminated encephalitis)
- painful lumps on the shins (erythema nodosum)
- low blood platelet count (immunothrombocytopenia)
- destruction of blood cells by antibodies (Evans Syndrome)
- dryness in the mouth and eye with kidney tubular dysfunction (Sjogren Syndrome).

A decrease in the number of white blood cells (leucopenia) may occur in long term use (more than 8 weeks).

If you are concerned about any side effect, if a side effect becomes serious, or if you notice a side effect not listed in this leaflet, please tell your doctor, or healthcare practitioner.

### **Reporting of side effects:**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)

By reporting side effects you can help provide more information on the safety of this medicine.

## **5. How to store this product**

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

Do not use these tablets after the expiry date printed on the pack.

Do not store above 25°C. Store in the original container.

## **6. Further information**

Each film coated tablet contains the active ingredient: 143.0 mg of extract (dry extract) from *Echinacea purpurea* root (6-7:1) (equivalent to 858 mg – 1000 mg of *Echinacea purpurea* (L.) Moench, root. Extraction Solvent: Ethanol 30% v/v

Also contains maltodextrin, calcium hydrogen phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, colloidal anhydrous silica, magnesium stearate, hypromellose, purified talc, titanium dioxide (E171), yellow iron oxide (E172).

This product is available in pack sizes of 30, 60, 120 and 180 tablets. Not all pack sizes are marketed.

Is this leaflet hard to see or read? Contact us on:

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