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5: How to store this product

Do not use your capsules after the expiry date.

Return any out-of-date capsules to your pharmacist who will dispose of them for you.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

Store the capsules below 25°C.

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

Keep your capsules in the blister pack until it is time to take them.

6: Further information

Each hard capsule contains 100mg of dry Feverfew herb (*Tanacetum parthenium* (L.) Schultz Bip.).

This product also contains the following ingredients:

Dextrin white, silica colloidal anhydrous, talc, magnesium stearate, hypromellose, titanium dioxide E171.

Each pack contains 30 hard capsules.

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 23056/0004

If you would like further information about this product or if this leaflet is hard to see or read, please contact: Healthspan Ltd, PO Box 64, Guernsey, GY1 1BT.

Telephone: 0800 73 123 77.

Email: herbalinfo@healthspan.co.uk

This leaflet was revised in March 2018.

THR 23056/0004



certification mark

Patient Information Leaflet

Healthspan Feverfew Migraine Relief

Capsules

Feverfew Herb 100mg

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

It contains some important information about Healthspan Feverfew Migraine Relief.

Keep this leaflet with the capsules.

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

What is in this leaflet

- 1: What this product is and what it is used for page 1
- 2: Before you take this product page 2
- 3: How to take this product page 3
- 4: Possible side-effects page 4
- 5: How to store this product page 5
- 6: Further information page 6

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

This product is a traditional herbal medicinal product containing Feverfew herb. Each hard capsule of this product contains 100mg of dry Feverfew herb (*Tanacetum parthenium* (L.) Schultz Bip.).

Healthspan Feverfew Migraine Relief is a traditional herbal medicinal product used for the prevention of migraine headaches, based on traditional use only.

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2: Before you take this product

Patients who take this product for migraine headaches should have been previously diagnosed by a doctor of this condition. If you experience changes in your symptoms (increase in attacks, worsening of pain, new symptoms), you should consult your doctor.

DO NOT TAKE this product if you are:

- **pregnant or breastfeeding**
- **allergic to any of the ingredients or to plants from the Asteraceae (Compositae) family such as daisies, marigolds, artichokes, chrysanthemums or ragweed (see section 6)**
- **under 18 years of age**

If you are already taking warfarin, or other anticoagulant drugs, clopidogrel, aspirin, ibuprofen or other non-steroidal anti-inflammatory drugs, there is a theoretical risk that taking this product may increase the risk of bleeding. Tell your doctor or pharmacist if you are taking any of these medicines or any other medicines, including any bought without a prescription.

You must speak to a qualified healthcare practitioner if your symptoms worsen, if they do not improve after 8 weeks, or if side-effects not mentioned in this leaflet occur.

3: How to take this product

Adults and the elderly

Take 1 capsule daily – try to take the capsule at the same time each day. Swallow the capsule whole with some water or other liquid. Do not chew the capsule. You can take the capsule with or without food. The maximum beneficial effect of this product may take several months to develop for some people.

Do not exceed the stated dose.

Long-term Feverfew users who stop treatment suddenly may experience withdrawal symptoms, including rebound headaches, anxiety, insomnia, muscle stiffness and joint pain. Patients who are on long-term therapy with this product should seek advice from their doctor, pharmacist or qualified healthcare professional before stopping treatment.

If you take too much of this product (overdose)

If you take more than the recommended dose, speak to a doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

If you forget to take this product

Continue to take your usual dose at the usual time, it does not matter if you have missed a dose.

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

4: Possible side-effects

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

Common side-effects (affecting up to 1 in 20 people)

- **abdominal bloating**
- **indigestion**
- **heartburn**
- **digestive upsets** such as wind, bloating, nausea, constipation or diarrhoea

If these side-effects persist for more than a few days, or become troublesome, stop taking this product. These common side-effects are often only temporary.

Uncommon side-effects (affecting fewer than 1 in 300 people)

- **mouth inflammation or mouth ulcers**
- **mild allergic skin reactions** itching and/or rash of the skin

Stop taking this product immediately if you experience any of these side-effects.

Other side-effects

These include increased heart rate, raised blood pressure, eosinophilia, abnormal liver function tests, arthritis, renal failure and Raynaud's phenomenon.

If you notice any other side-effect not mentioned above, or if any side-effect becomes serious, tell your doctor or pharmacist

Reporting of side-effects

If you get any side-effects, talk to your doctor, pharmacist or qualified healthcare practitioner. 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 or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side-effects you can help provide more information on the safety of this medicine.

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