

Keep out of the reach and sight of children.

Keep your tablets in the packaging until it is time to take them.

## 6: Further information

### Active ingredient:

Each film coated tablet contains 300mg of extract (as dry extract) from Valerian root (*Valeriana officinalis* L.) (equivalent to 900mg – 1,500mg of Valerian root).

**Extraction solvent:** Ethanol 60% v/v.

**Excipients in the extract:** Maltodextrin, Colloidal Anhydrous Silica.

**Tablet core:** Maltodextrin, Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate, Colloidal Hydrated Silica.

**Tablet coating:** Hypromellose, Glycerol.

### What Healthspan Valerian SleepAid looks like and contents of the pack.

Each pack contains 60 film-coated tablets.

### Registration holder and manufacturer of this product

Thompson & Capper Ltd, Hardwick Road, Astmoor, Runcorn, Cheshire, WA7 1PH

Traditional herbal registration number: THR 01359/0004

**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](mailto:herbalinfo@healthspan.co.uk)**

This leaflet was revised in October 2021.

# Healthspan Valerian SleepAid Tablets

Valerian Root Extract 300mg

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

It contains some important information about Healthspan Valerian SleepAid.

**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
- 3: How to take this product..... page 2
- 4: Possible side-effects..... page 3
- 5: How to store this product..... page 3-4
- 6: Further information..... page 4

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

This product is a traditional herbal medicinal product containing Valerian root extract. Each film coated tablet contains 300mg of extract (as dry extract) from Valerian root (*Valeriana officinalis* L.) (equivalent to 900mg – 1,500mg of Valerian root). Extraction solvent: Ethanol 60% v/v.

**Healthspan Valerian SleepAid is a traditional herbal medicinal product used to aid sleep and for the temporary relief of sleep disturbances, based on traditional use only.**

THR 01359/  
0004



certification mark

## 2: Before you take this product

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

- under 18 years of age
- pregnant or breastfeeding
- allergic to Valerian or any of the ingredients (see section 6)
- already taking a medicine which makes you drowsy

The effects of this product may be increased by alcohol.

Excessive use of alcohol should therefore be avoided.

**Driving or operating machines:**

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

## 3: How to take this product

### Adults and the elderly

**Take two tablets half an hour before bedtime.** Swallow the tablets whole with a little liquid.

Do not chew the tablets.

As the effects of this product may not occur immediately, the tablets should be taken every day for 2-4 weeks.

**Do not exceed the stated dose.**

### If you take too much of this product (overdose)

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

### If you forget to take this product

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

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

## 4: Possible side-effects

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

### The following side effects have been reported

- Nausea (feeling sick)
- Vomiting
- Abdominal Cramps
- Abdominal pain
- Diarrhoea

If these persist for more than a few days or become troublesome, stop taking this product.

### Other side-effects

Tell your doctor or pharmacist if you notice any other side-effect not mentioned in this leaflet.

### 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](http://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.

### After taking this product

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 25°C.