

6. Further information

Each film-coated tablet of this product contains 200mg of extract (as dry extract) from *Rhodiola rosea* L. rhizome and root (1.5-5:1) (equivalent to 300-1000mg of Rhodiola). Extraction solvent: Ethanol 60% m/m.

This product also contains the following ingredients:

Microcrystalline cellulose, croscarmellose sodium, precipitated silicon dioxide, magnesium stearate, hypromellose, stearic acid, iron oxide red (E172), titanium dioxide (E171), anti foam emulsion.

Each pack contains 60 film-coated tablets.

Registration holder and manufacturer for this product

Dr Willmar Schwabe GmbH & Co. KG
Willmar-Schwabe-Str. 4
D-76227 Karlsruhe, Germany

Traditional herbal registration number: THR 05332/0004

If you would like further information about this product, please contact:

Simply Supplements,
Le Bourg, Forest, Guernsey, GY8 0AN.
UK Customer Care Line: +44 (0)845 863 0622
Email: enquiries@simplysupplements.co.uk

This leaflet was prepared in August 2014.

THR 05332/0004



Patient Information Leaflet

Simply Supplements™ Rhodiola Stress Relief

Tablets

Rhodiola rosea root extract 200mg

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

It contains some important information about Simply Supplements™ Rhodiola Stress Relief.

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 forpage 1
- 2: Before you take this product.....page 2
- 3: How to take this product.....page 2
- 4: Possible side-effectspage 3
- 5: How to store this product.....page 3
- 6: Further informationpage 4

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

Each film-coated tablet of this product contains 200mg of extract (as dry extract) from *Rhodiola rosea* L. rhizome and root (1.5-5:1) (equivalent to 300-1,000mg of Rhodiola). Extraction solvent: Ethanol 60% m/m.

Simply Supplements™ Rhodiola Stress Relief is a traditional herbal medicinal product used for the temporary relief of symptoms associated with stress, such as fatigue, exhaustion and mild anxiety. This usage is based on traditional use only.

2: Before you take this product

DO NOT TAKE this product if you are:

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

Suffering from depression?

This product is intended for the relief of symptoms associated with stress. If you have symptoms of depression such as persistent low mood you should seek medical advice for appropriate treatment.

3: How to take this product

Adults and the elderly

Take 1 tablet twice daily, one before breakfast and one before lunch.

Swallow the tablets whole with a glass of water, 30 minutes before food.

Do not take this product for longer than two months.

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 your doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

If you forget to take this product

Do not take twice the dose, but continue to take your usual dose at the usual time.

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.

There have been isolated reports of allergic reaction and lowered blood sugar levels in patients taking Rhodiola. However there is no clear relationship between the development of low blood sugar levels and the use of Rhodiola rosea extracts.

Tell your doctor or pharmacist if any of the above side-effects becomes serious or if you notice any other side-effects not listed above.

After taking this product

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

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

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.

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.