

6. Further information

Each film-coated tablet contains 6.5mg of extract (as dry extract) from Black Cohosh rhizome and root (*Cimicifuga racemosa* (L.) Nutt.) (4.5-8.5:1) (equivalent to 29.25-55.25mg of Black Cohosh). Extraction solvent: Ethanol 60% v/v.

This product also contains the following ingredients:

Tablet core:

Cellulose powdered, lactose monohydrate, silica colloidal anhydrous, magnesium stearate, maize starch, cellulose microcrystalline, sodium starch glycolate (type A).

Film-coating:

Hypromellose, macrogol 4000, titanium dioxide (E171).

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

Each film-coated tablet contains 142mg of lactose.

Each pack contains 60 film-coated tablets.

Registration holder for this product

Schwabe Pharma (UK) Ltd,
Alexander House, Mere Park, Dedmere Road, Marlow, Bucks, SL7 1FX

Manufacturer for this product

Wiewelhove GmbH,
Dörnebrink 19, 49479 Ibbenbüren, Germany

Traditional herbal registration number: THR 23056/0003

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

Simply Supplements,
PO Box 1330, Peterborough, PE2 2PW.
UK Customer Care Line: +44 (0)845 863 0622
Email: enquiries@simplysupplements.co.uk

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THR 23056/0003



Certification
Mark

Patient Information Leaflet

Simply Supplements™ Black Cohosh Menopause Relief

Tablets

Black Cohosh root extract 6.5mg

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

It contains some important information about Simply Supplements™ Black Cohosh Menopause 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

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

This product is a traditional herbal medicinal product containing Black Cohosh root. Each film-coated tablet of this product contains 6.5mg of extract (as dry extract) from Black Cohosh rhizome and root (*Cimicifuga racemosa* (L.) Nutt.) (4.5-8.5:1) (equivalent to 29.25-55.25mg of Black Cohosh). Extraction solvent: Ethanol 60% v/v.

Simply Supplements™ Black Cohosh Menopause Relief is a traditional herbal medicinal product used for the relief of symptoms of the menopause, such as hot flushes, night sweats, and temporary changes in mood (such as nervous irritability and restlessness), based on traditional use only.

As there is evidence that Black Cohosh may have hormone-like actions, it should only be used by women of child-bearing potential if contraception is used.

2: Before you take this product

DO NOT TAKE this product if you:

- have ever had or are suffering from liver or kidney disease (e.g. hepatitis, jaundice or cirrhosis)
- have or have ever had treatment for breast cancer or any other hormone dependent tumour
- are of childbearing potential and do not use contraception
- are lactose-intolerant (react badly to lactose or milk)
- are pregnant or breast-feeding
- are allergic to any of the ingredients (see section 6)
- are under 18 years of age

Tell your doctor before taking this product if you:

- have a persistent history of menstrual disorders
- are currently taking a medicine containing oestrogen

3: How to take this product

Adults and the elderly

For women experiencing menopausal symptoms, take 1 tablet daily.

Tablets should be taken at the same time of day if possible (morning or evening). Swallow the tablet whole with some water or other liquid. Do not chew the tablets.

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

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.

- digestive upsets such as indigestion or diarrhoea
- facial swelling
- allergic skin reactions such as nettle rash, itching of the skin

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

Stop taking this product immediately if you experience any allergic skin reaction.

Other side-effects

Black Cohosh may rarely cause liver problems. If you become unwell (yellowing eyes/skin, nausea, vomiting, dark urine, abdominal pain, unusual tiredness) stop taking immediately and seek medical advice.

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 nurse. This includes any possible side-effects not mentioned 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.

After taking this product

You must speak to a qualified healthcare practitioner if your symptoms worsen, if they do not improve after 12 weeks, or if you notice any re-appearance or changes in menstrual bleeding.

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.

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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