



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 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.

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Return any out-of-date capsules to your pharmacist who will dispose of them for you.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. There are no special storage requirements for this product.

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 soft capsule contains 176 mg of dried pressed juice from fresh flowering *Echinacea purpurea* (L.) Moench herb (20-28:1) (equivalent to 3520 – 4928 mg of fresh flowering *Echinacea purpurea* (L.) Moench herb), which is the active ingredient.

This product also contains the following ingredients:

Herbal preparation: Maltodextrin, precipitated silicon dioxide, citric acid monohydrate.

Soft capsule: Refined soya-bean oil, refined coconut oil, white beeswax, rice starch, fractionated palm kernel oil, phospholipids from soya-beans, succinylated gelatine, glycerol, non-crystallising sorbitol solution 70%, titanium dioxide E171, ferric (II, III) oxide E172, quinoline yellow E104, patent blue V E131, purified water.

Each pack contains 60 soft capsules.

Registration holder and manufacturer for this product:

Swiss Caps GmbH, Grassingerstrasse 9, D-83043 Bad Aibling, Germany
Traditional herbal registration number: THR 18397/0003

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)800 988 0292
Email: customercare@simplysupplements.co.uk

Is this leaflet hard to see or read?

Telephone us on: +44 (0)800 988 0292
or Email: customercare@simplysupplements.co.uk

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THR 18397/0003



**Certification
Mark**

Patient Information Leaflet

**Simply Supplements™ Echinacea
Cold & Flu Relief Capsules**

Dried juice of *Echinacea purpurea* herb 176mg

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

It contains some important information about Simply Supplements™ Echinacea Cold & Flu 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 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 4**
- 6: Further informationpage 4**

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

This product is a traditional herbal medicinal product containing *Echinacea purpurea* herb. Each capsule of this product contains 176 mg of dried pressed juice from fresh flowering *Echinacea purpurea* (L.) Moench herb (20-28:1) equivalent to 3520 – 4928 mg of fresh flowering *Echinacea purpurea* (L.) Moench herb), which is the active ingredient.

Simply Supplements™ Echinacea Cold & Flu Relief is 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

DO NOT TAKE this product if you:

- are allergic to any of the ingredients or to plants of the Asteraceae/ Compositae family such as daisies, marigolds or artichokes (see section 6)
- have a tendency to allergies such as hives, allergic eczema or asthma
- are allergic to peanut, soya or their oils. This product contains soya oil.
- are pregnant or breastfeeding
- suffer from the infection tuberculosis
- suffer from connective tissue disease such as sarcoidosis
- suffer from autoimmune diseases such as inflammation of the connective tissue (collagenoses) or multiple sclerosis
- suffer from conditions which reduce your immunity to infection such as HIV infection or AIDS.
- are on therapy which reduces your resistance to infection such as cancer drug treatment or radiotherapy, history of organ or bone marrow transplant
- suffer from blood disorders involving the white blood cells count due to bone marrow disorders (agranulocytosis) or leukaemia
- are taking immunosuppressant medicines such as ciclosporin or methotrexate
- are under 12 years of age

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

This product contains sorbitol. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product. If symptoms worsen, or if you experience high fever, or if symptoms persist after 10 days, a doctor or qualified healthcare practitioner should be consulted.

3: How to take this product

Adults, elderly and children over 12

Take 1-2 capsules daily. Swallow them whole with some water or other liquid. Start taking at the first sign of a cold or flu. Do not take for longer than 10 days. This product is not suitable for children under the age of 12 years.

DO NOT TAKE MORE CAPSULES THAN THE 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. Do not take a double dose to make up for a forgotten dose. It doesn't matter if you miss a dose.

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

After taking this product

You must see your doctor or a qualified healthcare practitioner if your symptoms worsen, if you experience a high fever or your symptoms persist after 10 days.

4: Possible side-effects

Like all medicines, Simply Supplements™ Echinacea Cold & Flu Relief can have side-effects, although not everyone gets them. Stop taking Simply Supplements™ Echinacea Cold & Flu Relief and check with your doctor, pharmacist or qualified healthcare practitioner if any of the following side-effects occur:

Allergic (hypersensitive) reactions such as:

- rash
- hives
- inflammatory disorder of the skin (Stevens-Johnson Syndrome)
- swelling of the skin due to fluid
- swelling of the facial area (Quincke's oedema)
- shrinking of the airways in the lungs with obstruction (bronchospasm)
- asthma and life-threatening allergic reactions (anaphylactic shock)

Echinacea can trigger allergic reactions in patients who have a tendency to develop allergic conditions

Association with autoimmune diseases has been reported such as:

- inflammation of the brain and spinal cord (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 eyes with renal tubular dysfunction (Sjögren Syndrome)

A decrease in the number of white blood cells (leucopenia) may occur in long-term use (more than 8 weeks). The frequency is not known.

After taking this product

You must see your doctor or a qualified healthcare practitioner if your symptoms worsen, if you experience a high fever or your symptoms persist after 10 days.

If any of these side-effects become troublesome, or if you notice side-effects not listed in this leaflet, please tell your doctor, pharmacist or qualified healthcare practitioner.

