



Well Pharmaceuticals One-a-Day  
Allergy Relief 10 mg

Artwork Type : **PIL**

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Dimension - **Flat: 140 x 400 mm**

Dimension - **Folded: 140 x 200 mm**

Folding Pattern: **Front back, single folded**

Specification : **Maplitho paper**

GSM : **50 gsm**

Minimum Font Size : **9 pt.**

Market : **UK**

Mfg. Location : **Paonta**

Special effects/Features: **Supply should be in 200's bundle and should be kept between FBB board pads.**

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Colour Scheme :

**Black**

#### Package Leaflet: Information for the user

### Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets (Loratadine)

#### Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Always take this medicine exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better, if you feel worse or if your symptoms change. See Section 4.

#### What is in this leaflet:

1. What Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets are and what they are used for
2. What you need to know before you take Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets
3. How to take Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets
4. Possible side effects
5. How to store Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets
6. Contents of the pack and other information

#### 1) What Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets are and what they are used for

The full name of your medicine is Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets.

#### What Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets are

Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets contain the active substance loratadine which belongs to a class of medicines called "antihistamines".

#### How Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets work

Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets help to reduce your allergy symptoms by stopping the effects of a substance called "histamine", which is produced in the body when you are allergic to something.

#### When Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets should be taken

Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets relieve symptoms associated with allergic rhinitis (for example, hay fever) such as sneezing, runny or itchy nose, and burning or itchy eyes.

Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets may also be used to relieve symptoms of urticaria (itching and redness) which is often known as hives or nettle rash.

The effect of Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets will last a whole day and should help you to continue your normal daily activities and sleep.

You must talk to a doctor if you do not feel better or if you feel worse.

#### 2) What you need to know before you take Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets

#### Do not take Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets if:

- you are allergic (hypersensitive) to loratadine or any of the other ingredients of this medicine (listed in section 6).
- you are pregnant or breast-feeding

#### Warnings and precautions

Talk to your doctor, pharmacist or nurse before taking Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets if:

- you have liver disease
- you are scheduled to have any skin tests for allergies. Do not take Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets for two days before having these tests. This is because it may affect the test results.

If any of the above apply to you (or you are not sure), talk to your doctor, pharmacist or nurse before taking Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets.

#### Children

Do not give Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets to children younger than 6 years old or to children who weigh 30 kg or less. There are other formulations more suitable for children younger than 6 years or with a body weight of 30 kg or less.

Children under 2 years of age: The safety and efficacy of Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets have not been established. No data are available.

#### Other medicines and Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets

The side effects of Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets may increase when used together with medicines that alter the performance of some enzymes responsible for drug-metabolism in the liver. However, in the clinical studies, no increase in side effects of loratadine was seen with products that altered the performance of these enzymes. Tell your doctor, pharmacist or nurse if you are taking, have recently taken or might take any other medicines. This includes medicines taken without a prescription.

#### Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets with alcohol

Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets have not been shown to add to the effects of an alcoholic drink.

#### Pregnancy and breast-feeding

If you are pregnant, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine. As a precautionary measure, it is preferable to avoid the use of Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets during pregnancy.

Do not take Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets if you are breast-feeding. Loratadine is excreted in breast milk.

#### Driving and using machines

In clinical trials that assessed driving ability, no impairment was observed in patients receiving loratadine. At the recommended dose, Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets are not expected to cause you to be drowsy or less alert. However, very rarely some people experience drowsiness, which may affect their ability to drive or use machines.

#### Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets contain lactose

This medicinal product contains lactose; thus, if you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

#### 3) How to take Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets

Always take this medicine exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.

Press the tablet through foil from the other side.

#### Giving this medicine to children

It is important to know how much your child weighs to make sure that you give the correct amount of medicine. For example, a 9 year old child weighs about 30kg (4st 7lb). If in doubt weigh your child and then follow the instructions in the table.

Do not give to children who weigh 30 kg (4st 7lb) or less. There are other formulations more suitable for children younger than 6 years or with a body weight of 30 kg or less. Not recommended for children less under 2 years old.

#### How much to take:

<b>Age and weight</b>	<b>How much to take</b>	<b>How often to take</b>
Adults and children 6 years and older who weigh more than 30 kg (4st 7lb)	1 x tablet	Once daily
Children who weigh 30kg (4st 7lb) or less	Not recommended.	

If you have severe liver problems your doctor or pharmacist may advise you to take the recommended amount every other day. If this applies to you follow their instructions.

#### If you take more Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets than you should

If you take more Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets than you should, talk to your doctor or pharmacist straight away. No serious problems are expected however, you may get a headache, have a rapid heartbeat or feel sleepy.

#### If you forget to take Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets

- If you forget to take your dose, take it as soon as you remember, then continue to take it as usual.
- Do not take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this medicine, ask your doctor, pharmacist or nurse.

#### 4) Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

The most commonly reported side effects in adults and children over 12 years of age are:

- drowsiness
- headache
- increased appetite
- difficulty sleeping

The most commonly reported side effects in children aged 2 to 12 years are:

- headache
- nervousness
- tiredness

The following very rare side effects (may affect up to 1 in 10,000 people) have also been seen during the marketing of loratadine:

- severe allergic reaction (including swelling)
- dizziness
- convulsion
- fast or irregular heartbeat
- nausea (feeling sick)
- dry mouth
- upset stomach
- liver problems
- hair loss
- rash
- tiredness

The frequency of the following side effect is not known:

- weight gain

#### Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. 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.

#### 5) How to store Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the blister after Exp. The expiry date refers to the last day of the month.

Do not use this medicine if you notice any change in the appearance of the tablet.

Store in the original package.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

#### 6) Contents of the pack and other information

#### What Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets contain

- The active substance is loratadine. Each tablet contains 10 mg loratadine.
- The other ingredients are lactose monohydrate, maize starch, magnesium stearate.

#### What Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets look like and contents of the pack

Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets are white to off-white, round tablets debossed with 'R' on one side and '10' on the other.

Well Pharmaceuticals One-a-Day Allergy Relief 10mg tablets are available in pack sizes of 7, 14 or 30 tablets.

Not all pack sizes may be marketed

#### Marketing Authorisation Holder and Manufacturer

Marketing Authorisation Holder:  
SUN PHARMA UK LIMITED  
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