

A traditional herbal medicinal product used to aid sleep, based on traditional use only

Natrasleep®

TABLETS

Extracts of Hop strobile and Valerian root

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50 NIGHT-TIME TABLETS

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ACTIVE INGREDIENTS PER FILM COATED TABLET:

62.5 mg of extract (as dry extract) from Valerian root (*Valeriana officinalis* L.) (4:1). Extraction solvent: Ethanol 60% v/v, 33.4 mg of extract (as dry extract) from Hop strobile (*Humulus lupulus* L.) (4-8:1) Extraction solvent: Methanol 40% v/v.

EACH FILM COATED TABLET ALSO CONTAINS:

Calcium Phosphate Dibasic, Croscarmellose Sodium, Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate, Maltodextrin, Glucose Syrup, Colloidal Anhydrous Silica, Hypromellose, Talc, Titanium Dioxide (E171), Copper Chlorophyllin (E141), Vegetable Carbon Black (E153).

Manufactured by:

Brunel Healthcare Manufacturing Ltd, William Nadin Way, Swadlincote, Derbyshire, DE11 0BB

Traditional Herbal Registration Holder:

Omega Pharma Ltd, 1st Floor, 32 Vauxhall Bridge Road, London, SW1V 2SA, United Kingdom.



THR 02855/0087

Natrasleep is a registered trademark. Date of last revision: October 2013.

Natrasleep contains extracts of two herbal ingredients, Hops and Valerian. This is a traditional herbal medicinal product used to aid sleep, based on traditional use only.

DOSAGE: ORAL USE

Adults & the elderly: Take one to three tablets half an hour before bedtime. Do not exceed the stated dose. If you take too many tablets, talk to your doctor or pharmacist. As effects may not be apparent immediately, the tablets should be taken for 2 - 4 weeks continuously. If symptoms worsen or persist after 4 weeks, talk to your doctor or qualified healthcare practitioner.

WARNINGS:

- Do not take if you are allergic to any of the ingredients.
- Do not take if you are under 18 years old.
- Avoid excessive alcohol consumption. The effects of this product may be increased with alcohol.
- Do not take this product if you are already taking a medicine for anxiety or to help you sleep.
- Do not take if you are pregnant or breast feeding.
- If you feel drowsy while taking the tablets, do not drive or operate machinery.
- This product contains glucose. If you have an intolerance to some sugars, consult your doctor before taking this product.

SIDE EFFECTS

Nausea and abdominal cramps have been reported when using Natrasleep. The frequency is unknown.

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 on this label. 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.

KEEP OUT OF THE REACH AND SIGHT OF CHILDREN

Store in the original package. Store below 25°C. Do not use after the expiry date stated on the carton. The expiry date refers to the last day of that month.

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P13477



BN:
EXP:

