

Peppermint Water BP 1973

Peppermint oil (*Mentha x piperita* L.)

Please read the entire leaflet carefully before you take this product.

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor, pharmacist or qualified healthcare practitioner.

In this leaflet:

1. What Peppermint Water BP 1973 is and what it is used for
2. Before you take Peppermint Water BP 1973
3. How to take Peppermint Water BP 1973
4. Possible side effects
5. How to store Peppermint Water BP 1973
6. Further Information.

1. What Peppermint Water BP 1973 is and what it is used for

- Peppermint Water BP 1973 is a traditional herbal medicinal product containing 2.5 microlitres of Peppermint *Mentha x piperita* L.) in each 5ml oral solution.
- Peppermint oil belongs to a group of products known as anti-flatulents.
- A traditional herbal medicinal product used for the symptomatic relief of minor digestive complaints such as dyspepsia, flatulence and stomach cramps, based on traditional use only.

2. Before you take Peppermint Water BP 1973

Do not take this product if you:

- are allergic to any of the ingredients listed in this leaflet, or menthol, which is found in Peppermint Oil
- are under 12 years old
- have problems with your bile duct e.g. infection, blockage or inflammation of your bile duct or gallstones or other biliary problems
- are suffering from heartburn, or hiatus hernia, as it may make it worse
- have an ulcer in your mouth, stomach or gut.

Pregnancy and breast-feeding

Peppermint Water BP 1973 is not recommended during pregnancy and lactation. You should consult your doctor, pharmacist or qualified healthcare practitioner if you are pregnant or breastfeeding.

Driving and using machines

No studies on the ability to drive and use machines have been performed.

Important information about some of the ingredients of Peppermint Water BP 1973

This product also contains sodium methyl, ethyl and propyl hydroxybenzoates (E219, E215 and E217) which may cause allergic reactions (possibly delayed).

3. How to take Peppermint Water BP 1973

Always shake the bottle thoroughly before use.

Peppermint Water BP 1973 is taken by mouth.

The dose can vary widely according to the level of your discomfort, but is normally:

Adults, the elderly and children over 12 years of age

Two - eight 5ml spoonfuls to be taken 3-4 times daily, as required.

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

If symptoms worsen, or persist for more than 2 weeks, a doctor or qualified healthcare practitioner should be consulted.

If you take too much of this product (overdose)

If you feel unwell talk to your doctor, pharmacist or qualified healthcare practitioner.

If you forget to take this product

Do not take a double dose. Take the next dose when it becomes due.

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

4. Possible side effects

Like all medicines Peppermint Water BP 1973 can cause side effects although not everybody gets them.

There is a possibility you might develop hypersensitivity to menthol (which is found in Peppermint Oil) or Peppermint Oil itself. If you do you may suffer skin rash, headache, muscle tremor, effects on heart rate, or other unexpected symptoms.

Continued overleaf

If you think you are having an allergic reaction to this product, or suspect any other side effect, tell your doctor, pharmacist or qualified healthcare practitioner as soon as you can.

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 the package 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 Peppermint Water BP 1973

Keep out of the sight and reach of children.

There are no special storage precautions for this product. Store in the original packaging.

Use by date: Do not use Peppermint Water BP 1973 after the expiry date on the label, or if there are any signs of discolouration or clouding of the solution.

6. Further Information

What Peppermint Water BP* 1973 contains:

Each 10ml of oral solution contains 5 microlitres of the active substance Peppermint oil (*Mentha x piperita* L.).

Other ingredients are: glycerol, carbomer, citric acid, sodium methyl, ethyl and propyl hydroxybenzoates (E219, E215 and E217) and purified water.

What this product looks like and content of the pack

Peppermint Water is a clear, sugar free liquid. It is available in bottles of 100ml. *BP stands for British Pharmacopoeia.

Traditional Herbal Registration Holder:

Macarthys Laboratories Limited
TA Martindale Pharma,
Bampton Road, Romford, Essex,
RM3 8UG, United Kingdom.

Manufacturer:

Queens Hospitals, Burton,
Pharmacy Manufacturing Unit,
Queens Hospital, Belvedere Road,
Burton-On-Trent,
DE13 0RB, United Kingdom.

Traditional Herbal Registration No.:

THR 01883/0014

This leaflet was last revised in April 2020

M MARTINDALE PHARMA
Bampton Road, Harold Hill, Romford, RM3 8UG, UK



Certification Mark

D05308