

## Information for the user



### Sleepeaze Herbal Tablets (Extracts of Valerian, Hop Strobile, Passion Flower)

**Read all of this leaflet carefully because it contains important information for you.**

This product is available without prescription to treat minor conditions. However, you still need to use this product carefully to get the best results from it.

- Keep this leaflet as you may need to read it again.
- Ask your doctor, pharmacist or qualified healthcare practitioner if you need more information or advice.

#### **What this product is for**

This product is a traditional herbal medicinal product used for the temporary relief of sleep disturbances based on traditional use only.

This product contains extracts of Valerian root, Hop strobile, and Passion Flower herb.

#### **Before you take this product**

This product can be taken by adults. However, some people should not take this product or should seek the advice of their pharmacist or doctor first.

#### **X Do not take:**

- **If you are allergic** to any of the ingredients (see “what is in this product” section)
- **If you are under 18 years** of age
- **If you are already taking a medicine** that makes you sleep, or for stress or anxiety
- **If you are pregnant or breastfeeding**

#### **Other important information**

##### **Information about some of the ingredients in this medicine:**

The effects of this product may be increased by alcohol. Excessive use of alcohol should therefore be avoided.

**Driving and using machines:** These tablets may make you feel sleepy or dizzy. If affected do not drive or operate machines.

#### **If you take other medicines**

Before you take these tablets, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time.

If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself, including herbal and homeopathic remedies.

## ✓How to take this product

Check the foil is not broken before use. If it is, do not take that tablet.

Age	How many to take	How often to take
Adults	Two	1 hour before you go to bed

For oral use. Swallow the tablets whole with water. Do not chew the tablets.

**Do not give to children or adolescents under 18 years.**

**Do not take more than the amount recommended above.**

If symptoms worsen or do not go away talk to your pharmacist or doctor.

As the effects of this product may not occur immediately, it should be taken continuously for 2 to 4 weeks. If symptoms worsen or persist after 4 weeks consult your pharmacist or doctor.

- ! **If you take too many tablets:** Talk to a pharmacist or doctor straight away. Take your product and this leaflet with you.
- ! **If you miss a dose:** Take the next dose when it is due. Do not take a double dose to make up for the missed dose.

## Possible side effects

Like all medicines, this product can have side-effects, although not everybody gets them. The following side effects have been reported with Valerian root preparations:

Nausea (feeling sick)

Vomiting

Abdominal Cramps

Abdominal pain

Diarrhoea

Dizziness

Headache

Nightmares or vivid dreams

If these persist for more than a few days or become troublesome, stop taking this product.

## Other side effects:

One case of hypersensitivity (vasculitis) and one case of increased heartbeat (tachycardia) have been reported in patients using Passion Flower herb.

**If any side effect becomes severe, or you notice any side effect not listed here, please tell your pharmacist or doctor.**

## 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](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.

## How to store this product

Do not store above 25°C. Store in the original package.

Keep this product in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the end flap of the carton.

After this date return any unused product to your nearest pharmacy for safe disposal.

## What is in this product

Each film coated tablet contains the active ingredients:

34 mg of extract (as dry extract) from Hop strobile (*Humulus lupulus L.*) (4-6:1) Extraction solvent: Methanol 30% (v/v)

30.8 mg of extract (as dry extract) from Valerian root (*Valeriana officinalis L.*) (4.5-6:1) Extraction solvent: Ethanol 60% (v/v)

18.2 mg of extract (as dry extract) of Passion Flower herb (*Passiflora incarnata L.*) (3-7:1) Extraction solvent: Ethanol 70% (v/v)

The other ingredients are:

Extract excipients: Maltodextrin, colloidal anhydrous silica.

Core excipients: Calcium hydrogen phosphate, microcrystalline cellulose, stearic acid, magnesium stearate.

Film-coating: Polyethylene glycol 400, Hypromellose 4500, hydroxypropylmethyl cellulose, iron oxides (E172), titanium dioxide (E171).

This pack contains 30 tan brown film coated tablets.

## Who makes this product

Manufactured for The Boots Company PLC, Nottingham, NG2 3AA by the Traditional Herbal Registration Holder Brunel Healthcare Manufacturing Ltd, William Nadin Way, Swadlincote, Derbyshire, DE11 0BB, U.K.

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If you would like any further information about this product, please contact Boots Company PLC Nottingham NG2 3AA

## Other formats

Is this leaflet hard to see or read? Contact us on:

Telephone: +44 (0)1283 228300

Email: [info@bruhealth.co.uk](mailto:info@bruhealth.co.uk)

Please be ready to give the following information

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