

## Information for the user

# Boots Stress Relief Film-Coated Tablets (*Rhodiola rosea* root extract 200 mg)

**Please read this leaflet carefully before you start taking these tablets.**

It contains some important information about Boots Stress Relief.

**Keep this leaflet with the tablets.**

You may want to read it again or show it to your doctor, pharmacist or healthcare practitioner.

## What is in this leaflet

1. What this product is and what it is used for
2. Before you take this product
3. How to take this product
4. Side-effects
5. After taking this product
6. Product description

### 1: What this product is and what it is used for

Each film-coated tablet of this product contains 200 mg of extract (as dry extract) from *Rhodiola rosea* L. rhizome and root (1.5-5:1) (equivalent to 300-1000 mg of *Rhodiola*).  
Extraction solvent: Ethanol 60% m/m.

**Boots Stress Relief is a traditional herbal medicinal product used for the temporary relief of symptoms associated with stress, such as fatigue, exhaustion and mild anxiety.**

**This usage is based on traditional use only.**

### 2: Before you take this product

DO NOT TAKE this product if you are:

- pregnant or breast-feeding
- allergic to any of the ingredients (see section 6)
- under 18 years of age
- suffering from liver or kidney disease

#### Suffering from depression?

This product is intended for the relief of symptoms associated with stress.

If you have symptoms of depression such as persistent low mood you should seek medical advice for appropriate treatment.

### 3: How to take this product

#### **Adults and the elderly**

Take 1 tablet twice daily, one before breakfast and one before lunch.  
Swallow the tablet whole with a glass of water 30 minutes before food.

Do not take this product for longer than two months.

Do not exceed the stated dose.

#### **If you take too much of this product (overdose)**

If you take more than the recommended dose, speak to your doctor, pharmacist or healthcare practitioner and take this leaflet with you.

#### **If you forget to take this product**

Do not take twice the dose, but continue to take your usual dose at the usual time.

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

### 4: Side-effects

Like all medicines, this product can have side-effects, although not everybody gets them.

There have been isolated reports of allergic reaction and lowered blood sugar levels in patients taking *Rhodiola*. However there is no clear relationship between the development of low blood sugar levels and the use of *Rhodiola rosea* extracts.

**Some people may experience side-effects when taking this medicine.**

**If you have any unwanted side-effects you should seek advice from your doctor or pharmacist.**

**In addition, you can help to make sure that medicines remain as safe as possible by reporting any unwanted side-effects via the Internet at [www.yellowcard.gov.uk](http://www.yellowcard.gov.uk); alternatively you can call Freephone 0808 100 3352 (available between 10am-2pm Monday-Friday) or fill in a paper form available from your local pharmacy.**

### 5: After taking this product

**You must speak to a healthcare practitioner if your symptoms worsen, if they do not improve after two weeks, or if side-effects not mentioned in this leaflet occur.**

**Do not use your tablets after the expiry date.**

Return any out-of-date tablets to your pharmacist who will dispose of them for you. The expiry date is printed on the box and the blister pack.

**Store the tablets in a cool dry place.**

**Keep the tablets out of the reach and sight of children.**

**Keep your tablets in the blister pack until it is time to take them.**

## **6: Product description**

Each film-coated tablet of this product contains 200 mg of extract (as dry extract) from *Rhodiola rosea* L. rhizome and root (1.5-5:1) (equivalent to 300-1000 mg of Rhodiola).  
Extraction solvent: Ethanol 60% m/m

### **This product also contains the following ingredients:**

Microcrystalline cellulose, croscarmellose sodium, precipitated silicon dioxide, magnesium stearate, hypromellose, stearic acid, iron oxide red (E172), titanium dioxide (E171), anti foam emulsion.

Each pack contains 30 or 60 film-coated tablets.  
Not all pack sizes may be marketed.

### **Registration holder and manufacturer of this product**

Dr Willmar Schwabe GmbH & Co. KG  
Willmar-Schabe-Str.4  
D-76227 Karlsruhe, Germany

**Traditional herbal registration number:** THR 05332/0004

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

This leaflet was prepared in May 2009