

## PATIENT INFORMATION LEAFLET

Care Echinacea Cold and Flu Relief Tablets  
***Echinacea purpurea* root extract 70mg**

**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 or pharmacist 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 or pharmacist. 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 or if you feel worse after 10 days.

### What is in this leaflet

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## 1. WHAT CARE ECHINACEA TABLETS ARE AND WHAT THEY ARE USED FOR

Care Echinacea Cold and Flu Relief Tablets are a traditional herbal medicinal product used to relieve the symptoms of the common cold and influenza type infections based on traditional use only.

Each tablet contains 70mg of extract (as dry extract) from *Echinacea purpurea* root equivalent to 460 – 530mg of *Echinacea purpurea* (L.) Moench root.  
 Extraction solvent: ethanol 30% v/v.

## 2. BEFORE YOU TAKE CARE ECHINACEA TABLETS

**This product is not suitable for children under 12 years of age.**

**Do not take this product:**

- if you are allergic to Echinacea, other members of the same plant family (Asteraceae compositae, such as daisies, marigolds or artichokes) or any of the other ingredients of this medicine (listed in section 6).
- if you suffer frequent allergic reactions such as hives (urticaria), eczema, asthma.
- if you have tuberculosis.
- if you have a connective tissue disease with formation of clumps of cells (sarcoidosis) mainly occurring in the lymph nodes, lungs and liver.
- if you have an auto-immune disease such as inflammation of the connective tissue (collagenosis) or multiple sclerosis.
- if you have a condition which decreases your natural response to infection (eg HIV infection or AIDS).
- if you are on therapy to reduce your natural response to infection (immunosuppression eg: chemotherapy or radiotherapy for cancer; history of organ or bone marrow transplant).
- if you have a blood disorder involving the white blood cell system such as low white cell count due to bone marrow disorders (agranulocytosis) or blood cell cancer (leukemias).
- if you are already taking immunosuppressant medication such as ciclosporin or methotrexate.

**Warnings and precautions:**

**Consult your doctor before taking this product:**

- if you are prone to develop allergic reactions. Echinacea can trigger severe and life threatening allergic reactions in patients who have a tendency to allergic reactions.

**Taking other medicines.**

Please tell your doctor or pharmacist if you are taking medicines obtained without a prescription. Do not take this product if you are already taking immunosuppressant medication such as ciclosporin or methotrexate.

**Pregnancy and breastfeeding.**

**Do not take** this product if you are pregnant or breastfeeding, because there is no evidence that it is safe to do so.

## 3. HOW TO TAKE CARE ECHINACEA TABLETS

**Adults, Elderly and Children over 12 years:** Take 1 tablet 3 times a day. Start at the first signs of a common cold. Do not use for more than 10 days.

Do not take more than the label tells you to. See your doctor or qualified healthcare practitioner if your condition worsens, you get a high fever while using this product or symptoms persist for more than 10 days.

**Not suitable for children under the age of 12 years.**

**If you take more of this product than you should**

If you have taken more than you should and feel unwell, talk to a doctor or qualified healthcare practitioner as soon as possible.

**If you forget to take this product**

Do not take a double dose to make up for a forgotten dose. Take the next dose when it becomes due.

**If you stop taking this product.**

There are no reported adverse effects associated with stopping this product, however if you feel unwell talk to a doctor or qualified healthcare practitioner as soon as possible.

#### 4. **POSSIBLE SIDE EFFECTS**

Like all medicines, this product can cause side effects, although not everybody gets them. The frequency of the side effects is not known.

The possible side effects include:

- allergic reactions such as swelling, hives, or rashes.
- swelling of the skin due to fluid.
- swelling of the facial area (Quinke's oedema).
- shrinking of the airways of the lungs with obstruction (bronchospasm).
- asthma and life threatening reactions (anaphalactic shock).

Echinacea can trigger allergic reactions in patients who have a tendency to allergic reactions.

Association with auto-immune diseases has been reported such as:

- inflammation of the brain and spinal chord (disseminated encephalitis).
- painful lumps on the shins (erythema nodosum).
- low blood platelet count (immunothrombocytopenia).
- destruction of blood cells by antibodies (Evans Syndrome).
- dryness in the mouth and eye with kidney tubular dysfunction (Sjogren Syndrome).

A decrease in the number of white blood cells (leucopenia) may occur in long term use (more than 8 weeks).

Stop taking the product immediately if you experience any allergic reaction.

If you are concerned about any side effect, if a side effect becomes serious, or if you notice a side effect not listed in this leaflet, please tell your doctor, or healthcare practitioner.

**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.

#### 5. **HOW TO STORE CARE ECHINACEA TABLETS**

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

Do not store above 25°C.

Do not use this product after the expiry date which is stated on the side of the label.

The expiry date refers to the last day of that month.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help protect the environment.

#### 6. **CONTENTS OF THE PACK AND OTHER INFORMATION**

**What Care Echinacea Tablets contain**

- Each tablet contains 70mg of extract (as dry extract from *Echinacea purpurea* root equivalent to 460-530mg of *Echinacea purpurea* (L.) Moench root. Extraction solvent: Ethanol 30% v/v.
- The other ingredients are; maltodextrin; silica colloidal hydrated; calcium hydrogen phosphate dihydrate; cellulose microcrystalline; crosscarmellose sodium; magnesium stearate.

**What Care Echinacea Tablets look like and contents of the pack**

Care Echinacea Cold and Flu Relief Tablets are beige, round, convex, uncoated tablets.

Do not use this product if you notice any unusual discolouring or softening of the tablets as this may mean that they have deteriorated.

This product is available in packs of 30, 60, 90 and 120 tablets (not all sizes may be marketed).

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**Traditional Herbal Registration Holder and Manufacturer:**

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