

## PATIENT INFORMATION LEAFLET

Care St John's Wort Low Mood Relief Tablets  
St John's Wort extract 300mg

**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 6 weeks.

**What is in this leaflet:**

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**1. WHAT CARE ST JOHN'S WORT TABLETS ARE AND WHAT THEY ARE USED FOR**

Care St. John's Wort Low Mood Relief Tablets are a traditional herbal medicinal product used to relieve the symptoms of slightly low mood and mild anxiety, based on traditional use only.

Each film coated tablet contains 300mg of extract (as dry extract) from St. John's Wort aerial parts (*Hypericum perforatum* L.) (5-7:1) (equivalent to 1500-2100mg of St. John's Wort herb). Extraction solvent: Ethanol 60% v/v.

**2. BEFORE YOU TAKE CARE ST JOHN'S WORT TABLETS****Do not take this product:**

- if you know you are allergic to St John's Wort or any of the other ingredients of this medicine (listed in section 6)
- if you are under 18 years of age
- if you have been diagnosed with depression, or think you may be depressed, (see below)
- if you are pregnant or breastfeeding
- if you are about to undergo surgery
- if your skin is exceptionally sensitive to light (photosensitive) and if you are having light treatment (phototherapy) for any condition

**Warnings and Precautions**

Avoid excessive sunbathing or the use of sunbeds/solariums. Stop using this medicine at least 10 days prior to undergoing any surgery.

**Suffering from depression?** Symptoms of depression include feelings of helplessness and hopelessness, loss of interest in daily activities, appetite or weight changes, sleep changes, loss of energy and difficulty in concentrating. If your doctor has told you that you are suffering from depression do not use this product. **If you think you are suffering from depression, you should tell your doctor.**

**Other medicines and Care St John's Wort Tablets**

St John's Wort can affect the way some medicines work and reduce their effectiveness. Medicines that can be affected by St John's Wort include prescription medicines and those that you may have bought yourself without a prescription.

Therefore it is important that you do not take St John's Wort if you are using any of the medicines listed in the table below:

<b>DO NOT TAKE THIS PRODUCT IF YOU ARE TAKING ANY OF THE FOLLOWING MEDICINES</b>	
<b>All hormonal contraceptives:</b>	The birth control "Pill", emergency contraception (also known as the "morning after" pill), hormonal implants, creams, patches, intra-uterine devices with hormones.
<b>All medicines for depression/anxiety:</b>	Amitriptyline, clomipramine, moclobemide, citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine, sertraline, duloxetine, venlafaxine.
<b>All hormonal replacement therapy (HRT) treatments:</b>	HRT tablets, patches, gels, vaginal rings.
<b>All medicines for thinning the blood:</b>	Warfarin, acenocoumarol.
<b>All medicines for epilepsy:</b>	Carbamazepine, phenobarbitone, phenytoin, primidone, sodium valproate.
<b>All immunosuppressant medicines:</b>	Ciclosporin, tacrolimus.
<b>All medicines for HIV infections:</b>	Amprenavir, atazanavir, darunavir, fosamprenavir, indinavir, lopinavir, nelfinavir, ritonavir, saquinavir, tipranavir, efavirenz, nevirapine, delavirdine.
<b>Some medicines for cholesterol:</b>	Simvastatin, atorvastatin.
<b>Some medicines for cancer:</b>	Irinotecan, dasatinib, erlotinib, imatinib, sorafenib, sunitinib, etoposide, mitotane.
<b>Some medicines for heart disease:</b>	Digoxin, ivabradine, amiodarone.
<b>Some medicines for migraines:</b>	Almotriptan, eletriptan, frovatriptan, naratriptan, rizatriptan, sumatriptan, zolmitriptan.
<b>Some medicines for high blood pressure:</b>	Amlodipine, nifedipine, felodipine, verapamil.
<b>A medicine for regulating mood:</b>	Lithium.
<b>A thyroid hormone:</b>	Thyroxine.

Avoid excessive sunbathing or the use of sunbeds/solariums. Stop using it at least 10 days prior to undergoing any surgery.

St John's Wort may also affect the following medicines. Therefore do not take Care St John's Wort Low Mood Relief Tablets with these medicines unless a doctor has said it is safe to do so:

- fentanyl, propofol, sevoflurane and midazolam (anaesthetics/pre-operative medicines)
- tramadol (an analgesic)
- erythromycin, clarithromycin & telithromycin (antibiotics)
- itroconazole and voriconazole (antifungals)
- artemether and lumfantrine (antimalarials)
- rasagiline (an anti-Parkinsons medicine)
- aripiprazole (an antipsychotic medicine)
- buspirone (an anxiolytic)
- aprepitant (used to treat post-operative vomiting)
- butobarbital and Phenobarbital (barbiturates)
- methyl phenidate (a central nervous system or CNS stimulant)
- exemestane (a hormone antagonist)
- eplerenone (a diuretic)
- lansoprazole and omeprazole (proton pump inhibitors)
- theophylline (a bronchodilator)
- gliclazide (an antidiabetic medicine)

**Driving and using machines:** St John's Wort may make you feel dizzy or sleepy. If affected do not drive or use machines.

**Care St John's Wort Tablets contain glucose.** If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product.

### 3. HOW TO TAKE CARE ST JOHN'S WORT TABLETS

**Adults and the elderly:** Take 2 tablets once a day. The tablets should be swallowed whole with a little water or other liquid. The tablets should not be chewed.

**Do not take more than the label tells you to.**

**See your doctor or qualified healthcare practitioner if symptoms worsen, or persist for more than 6 weeks.**

Not suitable for children or adolescents under the age of 18 years.

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

Speak to a doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

**If you forget to take this product**

Continue to take your usual dose at the usual time, it does not matter if you have missed a dose.

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

### 4. POSSIBLE SIDE EFFECTS

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

The following side effects have been reported:

- gastrointestinal disorders such as indigestion, loss of appetite, nausea, diarrhoea, constipation; fatigue and restlessness.
- allergic skin reactions such as rash, hives or itching of the skin. If you experience allergic skin reactions, stop taking the product and consult your doctor.

Also sunburn-like reactions on skin exposed to strong sunlight or strong ultra-violet (UV) irradiation e.g. solarium have been reported, particularly in fair skinned individuals. Other side effects that have been reported include headaches, nerve pain or tingling, anxiety, dizziness and mania.

**If any of the above side effects become serious or if other side effects not mentioned above occur, a doctor or pharmacist should be consulted.**

**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 THIS PRODUCT

Do not store above 25°C. Store in the original package in order to protect from light and moisture.

Keep out of the sight and reach of children.

Do not use this product after the expiry date which is stated on the base of the bottle after EXP. 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 St John's Wort Tablets contain**

- Each film-coated tablet contains 300mg of extract (as dry extract) from St John's Wort aerial parts (*Hypericum perforatum* L.) (5-7:1) (equivalent to 1500 – 2100mg St. John's Wort). Extraction solvent 60% v/v.
- The other ingredients are; maltodextrin; silica colloidal anhydrous; calcium hydrogen phosphate dihydrate; cellulose microcrystalline; hydroxypropylmethyl-cellulose; croscarmellose sodium; silica colloidal hydrated; magnesium stearate; sodium carboxymethylcellulose; lecithin; dextrose monohydrate; sodium citrate; dextrin.

**What Care St John's Wort Tablets look like and contents of the pack**

Care St John's Wort Low Mood Relief Tablets are round, dark brown, shallow convex 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.

Each bottle contains 30, 60, 90 and 120 capsules. Not all pack sizes may be marketed.

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**Traditional Herbal Registration Holder and Manufacturer:** Natures Aid Ltd, St Georges Park, Preston, Lancs., PR4 2DQ, UK.

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