

PATIENT INFORMATION LEAFLET

20196901

Care Agnus Castus PMS Relief Capsules *Agnus Castus* fruit 400mg

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 3 months.

What is in this leaflet

1. What Care Agnus Castus Capsules are and what they are used for.

2. Before you take Care Agnus Castus Capsules.

3. How to take Care Agnus Castus Capsules.

4. Possible side effects.

5. How to store Care Agnus Castus Capsules.

6. Contents of the pack and other information.

1. **WHAT CARE AGNUS CASTUS CAPSULES ARE AND WHAT THEY ARE USED FOR**

Care Agnus Castus PMS Relief Capsules are a traditional herbal medicinal product used to help relieve premenstrual symptoms such as: irritability; mood swings; breast tenderness; bloating and menstrual cramps based on traditional use only.

Each hard capsule contains 400mg Agnus Castus fruit (*Vitex agnus-castus* L.)

2. **BEFORE YOU TAKE CARE AGNUS CASTUS CAPSULES**

Do not take this product:

- if you are allergic to Agnus Castus or any of the other ingredients of this medicine (listed in section 6).
- if you are under 18 years of age.
- if you are pregnant, trying to become pregnant or are breastfeeding.
- if you have a current pituitary disorder.

Warnings and precautions:

Talk to your doctor or pharmacist before taking this product:

- if you suffer from, or have suffered from, an oestrogen-sensitive cancer.
- if you have suffered from a pituitary disorder.
- if you are taking any of the following medicines:
 - Dopamine agonists or antagonists
 - Oestrogens
 - Antioestrogens

3. HOW TO TAKE CARE AGNUS CASTUS CAPSULES

Adults: Women experiencing premenstrual symptoms:

Take one capsule twice a day, morning and night. Swallow whole with a glass of water.

Do not take more than the label tells you to.

As the effects of this product may not occur immediately, the capsules should be taken continuously for three months.

If your symptoms persist or worsen or do not improve after 3 months, consult your doctor or qualified healthcare practitioner.

If you take more of this product than you should

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

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 have any questions or are not sure how to use this product, consult your doctor or qualified healthcare practitioner.

4. POSSIBLE SIDE EFFECTS

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

The frequency of effects is not known. Possible side effects include:

Severe allergic reactions such as swelling of the face, breathlessness or difficulty swallowing.

If you experience these effects, seek medical advice immediately.

- nausea.
- headaches.
- allergic skin reactions, such as a rash or red itchy spots.
- menstrual disorders.
- abdominal pain.
- dizziness.
- acne.

If you find these effects troublesome, stop using the product. Speak to your doctor if you are at all concerned, if a side effect becomes serious, or you notice an effect not mentioned in this leaflet.

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 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 AGNUS CASTUS CAPSULES

Keep out of the sight and reach of children.

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

Do not use this product after the expiry date which is stated on the side of the label 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 Agnus Castus Capsules contain

- Each hard capsule contains 400mg Agnus Castus fruit (*Vitex agnus-castus* L.).
- The capsule shell is made from hypromellose.

What Care Agnus Castus Capsules look like and contents of the pack

Care Agnus Castus PMS Relief Capsules are hard, clear, oblong capsules containing a brown powder.

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

Registration number: THR 33336/0009

Traditional Herbal Registration Holder and Manufacturer:

Natures Aid Ltd, St Georges Park, Preston, Lancs., PR4 2DQ, UK

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Certification Mark

