

PATIENT INFORMATION LEAFLET

Care Feverfew Migraine Relief Tablets Feverfew herb 100mg

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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 2 months.

What is in this leaflet

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1. WHAT CARE FEVERFEW TABLETS ARE AND WHAT THEY ARE USED FOR

Care Feverfew Migraine Relief Tablets are a traditional herbal medicinal product used for the prevention of migraine headaches based on traditional use only.

Before using this product, you must have been told by your doctor that you have migraine headaches. If you experience changes in your symptoms (increase in attacks, worsening of pain, new symptoms), you should consult your doctor.

Each film-coated tablet contains: 100mg of Feverfew herb (*Tanacetum parthenium* (L.) Schulz Bip.).

2. BEFORE YOU TAKE CARE FEVERFEW TABLETS

This product is not suitable for patients under 18 years of age.

Do not take this product:

- if you are allergic to Feverfew, other members of the Asteraceae (Compositae) family (such as daisies, marigolds, artichokes, chrysanthemums or ragweed) or any of the other ingredients of this medicine (listed in section 6).
- if you are pregnant or breastfeeding.
- if you are under 18 years old.

Warnings and precautions:

Talk to your doctor or pharmacist before taking this product:

- If you are already taking medicines that affect bleeding and blood clotting there is a theoretical risk that taking this product may increase the risk of bleeding. Some examples include anti-platelet medicines such as clopidogrel; anticoagulants such as warfarin, acenocoumarol, phenindione, apixaban, edoxaban, dabigtran, rivaroxaban, dalteparin, enoxaparin, tinzaparin and heparin; non-steroidal anti-inflammatory medicines such as aspirin, ibuprofen and naproxen.

Tell your doctor or pharmacist if you are taking any of these medicines or any other medicines including any bought without a prescription.

This product contains glucose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product.

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 FEVERFEW TABLETS

Adults and the elderly: take one tablet daily. Swallow the tablets whole with water or other liquid.

Do not chew the tablets.

The maximum beneficial effect of this product may take several months to develop in some people.

Do not take more than the label tells you to.

Long-term Feverfew users who stop treatment suddenly may experience withdrawal symptoms, including rebound headaches, anxiety, insomnia, muscle stiffness and joint pain. Patients who are on long-term therapy with this product should seek advice from their doctor, pharmacist or healthcare practitioner before stopping treatment.

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 symptoms worsen, or persist after taking this product for 2 months, a doctor or a qualified healthcare practitioner should be consulted.

If you have any questions, or are unsure about anything, please ask 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.

Common (affecting up to 1 in 20 people) side effects may include:

- Abdominal bloating.
- Indigestion.
- Heartburn.
- Digestive upsets such as wind, bloating, nausea, constipation or diarrhoea.

These common side effects are often temporary, but if they persist for more than a few days, or become troublesome, stop taking the product.

Uncommon (affecting fewer than 1 in 300 people) side effects:

- Mouth inflammation or mouth ulcers.
- Mild allergic skin reactions: itching and/or rash of the skin.

Stop taking this product immediately if you experience any of these side effects.

Other side effects:

These include increased heart rate; raised blood pressure; eosinophilia; abnormal liver function tests; arthritis; renal failure and Raynauds phenomenon.

If you find any of 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 FEVERFEW TABLETS

Keep this medicine out of the sight and reach of children. Store in the original package.

Do not use this product after the expiry date which is stated on the label or carton 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 Feverfew Tablets contain**

- Each film-coated tablet contains 100mg of Feverfew herb (*Tanacetum parthenium* (L.) Schulz Bip.)
- The other ingredients are; dicalcium phosphate anhydrous; microcrystalline cellulose; silica colloidal hydrated; magnesium stearate, croscarmellose sodium; lecithin; dextrose monohydrate; sodium citrate dihydrate; dextrin.

What Care Feverfew Tablets look like and contents of the pack

Care Feverfew Migraine Relief Tablets are olive, film-coated round tablets. Do not use this product if you notice any discolouring or softening of the tablets, as this means they may 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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