

Information for the user



Echinacea Cold & Flu Relief Tablets

Echinacea purpurea root extract

Read all of this leaflet carefully because it contains important information for you.

This medicine is a traditional herbal medicinal product available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice
- You must contact a pharmacist or doctor if your symptoms worsen or do not improve after 10 days

What this medicine is for

This traditional herbal medicinal product contains *Echinacea purpurea* root extract which has traditionally been used to relieve the symptoms of the common cold and influenza type infections. This medicine is recommended for these conditions based on traditional use only.

Before you take this medicine

This medicine can be taken by adults and children of 12 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take:

- **If you are allergic** to any of the ingredients (see “What is in this medicine”) or to plants from the Asteraceae or Compositae family e.g. artichokes, daisies, marigolds
- **If you have tuberculosis**
- **If you have sarcoidosis** (a connective tissue disease)
- **If you have an autoimmune disease** (e.g. multiple sclerosis or collagenoses)
- **If you are having treatment** which reduces your natural response to infection (immunosuppression)
- **If you have a condition** which reduces your natural response to infection (e.g. HIV infection or AIDS)
- **If you have problems with your white blood cells** (you may have been told you have leukaemia or agranulocytosis)
- **If you have had an organ or bone marrow transplant**
- **If you are having any treatment** for cancer
- **If you are taking** ciclosporin or methotrexate (for psoriasis, rheumatism or following transplant surgery)
- **If you are prone to allergies** (you have eczema, asthma or allergic skin reactions)
- **If you are pregnant or breastfeeding**

Other important information

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.

If you take other medicines

You should not take this medicine if you are taking certain medicines (see “Do not take”).

If you are not sure that your medicine is on this list, or you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself.

✓How to take this medicine

Check the foil is not broken before use. If it is, do not take that tablet. Start taking the tablets as soon as you get cold symptoms.

Age	How many to take	How often to take
Adults and children of 12 years and over	One or Two	Twice a day

Swallow the tablet whole with water.

Do not give to children under 12 years.

Do not take more than the label/leaflet tells you to.

Do not take this medicine for more than 10 days.

If symptoms worsen or are accompanied by a high temperature, talk to your doctor or pharmacist.

If your symptoms do not improve after 10 days talk to a pharmacist or doctor.

If you take too many tablets: Talk to a doctor.

If you miss a dose, take the next dose when it is due. Do not take a double dose to make up for the missed dose.

Possible side effects

Most people will not have problems, but some may get some.

If any of the following serious allergic reactions occur, you should stop taking this medicine and seek medical advice immediately:

- Anaphylactic reaction – severe and potentially life threatening reaction with symptoms that may include feeling lightheaded or faint, breathing difficulties or wheezing, a fast heartbeat, skin rash, confusion, anxiety or loss of consciousness.
- Swelling or blistering of the skin, such as the face, lips, tongue, mouth or throat
- Difficulty breathing including shortness of breath
- Asthma or worsening of asthma symptoms.

If other allergic skin reactions such as skin rash, urticaria (red bumps) or itching occur, medical advice should be sought as soon as possible. Echinacea can trigger allergic reactions in patients who have a tendency to allergic reactions. Stop taking the product and seek medical advice immediately if you experience any allergic reaction.

Other possible side effects that may occur are:

- Inflammation of the brain and spinal cord which may show as drowsiness, confusion, stiff neck, speech problems along with flu-like symptoms, general deterioration
- Painful lumps on the shins
- Low blood platelet count and destruction of blood cells, sometimes caused by antibodies (you may notice this if you have a blood test)
- Dry eyes and mouth caused by the immune system reducing glands in the eye and

mouth

- Kidney problems

If you take this medicine for a long time (more than 8 weeks) you may get:

- Low white blood cell count which may cause unusual bruising and an increase in the number of infections that you get (e.g. sore throats, mouth ulcers, flu-like symptoms)

If any side effect becomes severe, or you notice any side effect not listed here, please tell your pharmacist or doctor.

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. By reporting side effects you can help provide more information on the safety of this medicine.

How to store this medicine

Do not store above 25°C.

Store in the original container.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Use by the date on the base of the carton. After this date return any unused product to your nearest pharmacy for safe disposal.

What is in this medicine

Each film coated tablet contains 71.5 mg of extract (dry extract) from *Echinacea purpurea* root (6-7:1). This is equivalent to 429 – 500 mg of *Echinacea purpurea* (L.) Moench, root. Extraction Solvent: Ethanol 30% v/v

As well as the active ingredient, the tablets also contain maltodextrin, colloidal anhydrous silica, calcium hydrogen phosphate dihydrate, microcrystalline cellulose, croscarmellose sodium, magnesium stearate.

The tablet coating contains hypromellose, purified talc, vegetable carbon black (E153), copper chlorophyllin (E141), titanium dioxide (E171).

The pack contains 60 or 180 pale green circular biconvex film coated tablets.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Traditional Herbal Registration holder Brunel Healthcare Manufacturing Limited William Nadin Way Swadlincote Derbyshire DE11 0BB

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

Other formats

Is this leaflet hard to see or read? Contact us on:

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