Patricia Colquhoun
Digitally signed by Patricia Colquhoun
DN: cn=Patricia Colquhoun, o=Bioforce (UK) Ltd,
ou=Reg Affairs, email=patricia@bioforce.co.uk, c=GB
Date: 2015.10.02 09:58:17 +01'00'

Package Leaflet:
Information for the user

A.Vogel

Ginkgoforce®

Memory & Circulation

Ginkgo tablets

Ginkgo biloba extract

Information

Read all of this leaflet carefully before you start taking this product because it contains important information for you.

Always take this product exactly as described in this leaflet or as your doctor, pharmacist or nurse 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, pharmacist or nurse. 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 weeks.

What is in this leaflet

1. What Ginkgoforce is and what it is used for
2. What you need to know before you take Ginkgoforce
3. How to take Ginkgoforce
4. Possible side effects
5. How to store Ginkgoforce
6. Contents of the pack and other information

1. What Ginkgoforce is and what it is used for

Ginkgoforce is a traditional herbal medicinal product containing the extract of fresh *Ginkgo biloba* leaves.

It is used to help improve age-related memory loss. It is also used to help relieve the symptoms of poor blood flow such as cold hands and feet. This is exclusively based on long-standing use.

Ginkgoforce is for use in adults.

Do's and Don'ts for taking Ginkgoforce

2. What you need to know before you take Ginkgoforce

Do not take Ginkgoforce

- If you are allergic to:
  - Ginkgo (*Ginkgo biloba*). This product contains Ginkgo leaves.
  - Peanut or soya. This product contains soya polysaccharide.
  - Any of the other ingredients of this product (listed in section 6)
- If you are pregnant, may become pregnant or if you are breast-feeding.

Warnings and precautions

- **Before** taking this product
  - Check with your doctor that your symptoms are not caused by any serious underlying condition.
  - Talk to your doctor if you have a condition which causes you to bleed for longer than is normal. This product may not be suitable for you.
- If you suffer from epilepsy Ginkgo may increase the risk of you having a seizure.
- Stop taking this product 2 weeks before any planned surgery.
- Talk to your doctor or pharmacist if your symptoms worsen or do not improve within 2 weeks.

Children and adolescents

- Do not give this product to children or adolescents under 18 years of age.

Other medicines and Ginkgoforce

- Do not take this product if you are taking any of the following medicines
  - Nifedipine
  - Efavirenz
- If you are taking aspirin, warfarin or any other medicine that may increase your risk of bleeding, talk to your doctor before taking this product as it may not be suitable for you.
- If you are speaking to your doctor, pharmacist or nurse always remember to tell them about any medicines you are taking, including herbal remedies such as Ginkgoforce.

Pregnancy and breast-feeding

- Do not take this product if you are pregnant, may become pregnant or if you are breast-feeding.

Driving and using machines

- It is not known if this product can affect the ability to drive or use machines. Make sure you know how this product affects you before you drive or use machinery.

Ginkgoforce contains soya

- If you are allergic to peanut or soya, do not take this product.

XXXXMN1 xxxxxxxx/ddmmyy

Please turn over...

Patricia Colquhoun
Digitally signed by Patricia Colquhoun
DN: cn=Patricia Colquhoun, o=Bioforce (UK) Ltd,
ou=Reg Affairs, email=patricia@bioforce.co.uk, c=GB
Date: 2015.10.02 09:58:31 +01'00'

Using

3. How to take Ginkgoforce

Always take this product exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.

Recommended dose

Adults and older people: Take 1 tablet twice daily after food.

For oral use only. Do not take more than the recommended dose.

If you take more Ginkgoforce than you should

- If you take too much and feel ill, talk to your doctor.

If you forget to take Ginkgoforce

- Do not worry about a missed dose. Take the next dose as usual.
- Do not take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this product ask your doctor, pharmacist or nurse.

Side effects

4. Possible side effects

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

Side effects

Digestive symptoms

- Feeling sick (nausea)
- Digestive upsets such as sickness or diarrhoea
- Stomach discomfort

These are often short-lived and should get better on their own. However if they persist, talk to your doctor or pharmacist.

Skin Reactions

- Itching (pruritis)
- Rash

Other side effects

- Allergic reactions
- Headache
- Dizziness

Stop taking this product if any of these occur.

These side effects are rare and likely to affect less than 1 in every 1,000 people.

There have been very rare reports of the following occurring after the use of Ginkgo extracts:

- Blistering of the skin, mouth, eyes or groin (Stevens-Johnson syndrome)
- Bleeding

It is not known if these were caused by Ginkgo. If either occurs seek medical advice and take this leaflet with you.

- If you suffer from epilepsy Ginkgo may increase the risk of you having a seizure.

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:
  HPRA Pharmacovigilance
  Earlsfort Terrace
  IRL - Dublin 2
  Tel: +353 1 6764971
  Fax: +353 1 6762517
  Website: www.hpra.ie
  E-mail: medsafety@hpra.ie
- By reporting side effects you can help provide more information on the safety of this medicine.

Information

5. How to store Ginkgoforce

- Keep this product out of the sight and reach of children.
- Do not use this product after the expiry date which is stated on the label and carton. The expiry date refers to the last day of that month.
- Store in the original container.
- Do not use this product if you notice a change in appearance. The tablets should be speckled brown in colour.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Ginkgoforce contains

Each tablet contains 90 mg of extract (as dry extract) from *Ginkgo biloba* L. fresh leaf (3-5:1). Extraction solvent: Ethanol 60% m/m.

The other ingredients used for the tablet are microcrystalline cellulose, soya polysaccharide and magnesium stearate (vegetable source).

What Ginkgoforce looks like and contents of the pack

Ginkgoforce tablets are round and speckled brown in colour. Ginkgoforce is available in bottles containing 60 and 120 tablets. The bottles are packed in a cardboard box. Not all pack sizes may be marketed.

Traditional Herbal Registration Holder and Manufacturer

Bioforce (UK) Ltd,
2 Brewster Place,
Irvine, Ayrshire, KA11 5DD - UK
Tel: +44 (0)1294 277344
enquiries@avogel.co.uk

TR 725/16/1

This leaflet was last revised in 09/2015.

What is Ginkgo biloba?

Ginkgo biloba is native to China and is the oldest living tree species. The leaves are used to produce Ginkgoforce tablets.

You should also know

Bioforce runs a helpline by phone and e-mail which can provide you with further information.

E-mail: **enquiries@avogel.co.uk**

Phone: **1 890 930 070**

You can get a larger print or audio version of this leaflet.
Call this number: 1 890 930 070

XXXXXIN1 xxxxxxx/ddmmyy