

# PATIENT INFORMATION LEAFLET:



## KIWIHERB

### Kiwiherb Valerian Oral Liquid Valerian Root Extract

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

This medicine is available without prescription. However you still need to use Kiwiherb Valerian carefully to get the best results from it.

Keep this leaflet. You may want to read it again.

Ask your healthcare professional, e.g. a doctor or pharmacist, if you need more information or advice.

If the condition worsens or symptoms do not improve after 2 weeks, a qualified healthcare professional, e.g. a doctor or pharmacist, should be consulted.

If any of the side effects get serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

#### What is in this leaflet?

1. What this product is and what it is used for
2. Before you take this product
3. How to take this product
4. Possible side effects
5. How to store this product
6. Further information

#### 1. What this product is and what it is used for

Kiwiherb Valerian contains Valerian root extract (see section 6 for full details).

Kiwiherb Valerian is a Traditional herbal medicinal product for relief of symptoms of mild mental

stress and to aid sleep, exclusively based on long standing use.

#### 2. Before you take this product

##### DO NOT TAKE this product if you are:

- Allergic to Valerian or any other ingredients in this product (see section 6)
- Under 18 years of age
- Pregnant or breast feeding
- Taking medicines known to interact with alcohol (e.g. metronidazole)
- Already taking a medicine for sleep or anxiety

##### Taking other medicines

Tell your healthcare professional, e.g. a doctor or pharmacist, if you are taking any other medicines including herbal medicines or medicines that did not require a prescription.

##### Driving and using machines

This product may cause drowsiness. If affected, do not drive or operate machinery

##### Take Special Care with this product

This product contains alcohol (45% ethanol), i.e. up to 2.25 ml per 5 ml dose, (equivalent to 45 ml beer or 18.8 ml wine), and may be harmful to those suffering from alcoholism.

To be taken into account in pregnant or breastfeeding women, children and high risk groups such as patients with liver disease or epilepsy.

The effects of this product may be increased by alcohol. Excessive use of alcohol should therefore be avoided.

Take this medicine according to the instructions in this leaflet. Check with your healthcare professional, e.g. a doctor or pharmacist, if you are not sure.

#### 3. How to take this product

For oral short term use only.

Adults and the elderly:

##### To aid sleep:

Take two or three 5ml spoonfuls half an hour before bedtime, in a small amount of juice or water.

## To relieve symptoms of mild mental stress:

Take one 5ml spoonful up to three times a day, in a small amount of juice or water.

**Maximum daily dose: 3 doses (15ml).**

**Do not exceed the stated dose.**

**If you use more Kiwiherb Valerian than you should, consult your healthcare professional, e.g. a doctor or pharmacist, and take this leaflet with you.**

**Overdose of this product may result in alcohol intoxication and should be treated accordingly (see section 2 Take special care with this product).**

**If you forget to use Kiwiherb Valerian, continue to take your usual dose at the usual time. It does not matter if you have missed a dose.**

If the condition worsens or symptoms do not improve after 2 weeks, a qualified healthcare professional, e.g. a doctor or pharmacist, should be consulted.

If you have any further questions on the use of this medicine, ask your health care professional, e.g. a doctor or pharmacist.

## 4. Possible side effects

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

- Gastrointestinal symptoms (e.g. nausea, abdominal cramps) may occur. The frequency is not known.
- If any of the above effects become serious or if you experience any other side effects, a healthcare professional, e.g. 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 HPRA Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website: [www.hpra.ie](http://www.hpra.ie); E-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie). By reporting side effects you can help provide more information on the safety of this medicine.

## 5. How to store this product

Store all medicines out of the sight and reach of children.

Do not store above 30°C.

Store in the original container.

Do not use this medicine after the expiry date which is stated on the carton and container.

Return any out of date medicines to your pharmacist for safe disposal.

## 6. Further Information

### Active Ingredients:

Each 5ml contains 5ml liquid extract from Valeriana officinalis radix (corresponding to 2.5 g of valerian root) DER 1:2.

A maximum dose of 15ml contains up to 6.75ml ethanol.

Extraction solvent: Ethanol 45% v/v.

Other Ingredients are:

Ethanol (alcohol), Purified water.

### What this product looks like and contents of the pack

This medicine is a brown coloured liquid.

It is an oral liquid in a 50 ml or 100 ml bottle.

### Traditional Herbal Registration Holder:

Phytomed (UK) Ltd.,  
2 Elmsfield Court, Bridgend,  
CF31 4NJ, UK  
[info@kiwiherb.co.uk](mailto:info@kiwiherb.co.uk)

**TR 1734/6/1**

### Batch Release Site:

Zecare Ltd., 3 Howard Road, Eaton Socon, Saint Neots, PE19 8ET, UK

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Larger print versions of this leaflet are available from: [info@kiwiherb.co.uk](mailto:info@kiwiherb.co.uk)