

Package leaflet: Information for the user

Lamberts® Echinacea

Cold & Flu Relief Tablets

Echinacea purpurea Root Extract
8002 EI

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, 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 10 days.

What is in this leaflet

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

1. What this traditional herbal medicine is and what it is used for

This is a traditional herbal medicine containing *Echinacea purpurea* root extract.

Lamberts® Echinacea Cold & Flu Relief Tablets is a traditional herbal medicinal product used to relieve common cold and flu-like symptoms, exclusively based on long-standing use.

2. What you need to know before you take this traditional herbal medicine

Do not take this traditional herbal medicine if you:

- Are allergic to *Echinacea purpurea*, to other members of the Asteraceae/Compositae family such as daisies, marigolds or artichokes, or to any of the other ingredients of this medicine (listed in section 6)
- Suffer from allergic reactions such as hives, eczema or asthma
- Suffer from the infection tuberculosis
- Suffer from connective tissue disease with formation of clumps of cells (*sarcoidosis*), mainly occurring in the lymph nodes, lungs or liver
- Suffer from autoimmune diseases such as inflammation of the connective tissue (*collagenoses*), or multiple sclerosis
- Suffer from diseases which decrease your resistance to infection (eg HIV or AIDS)
- Are undergoing therapy to decrease your natural response to infection eg chemotherapy or radiotherapy for cancer;

- Have had an organ or bone marrow transplant;
- Suffer from blood disorders involving the white blood cell system such as low white blood cell count due to bone marrow disorders (*agranulocytosis*) or blood cell cancers (*leukaemia*)

Warnings and precautions:

Talk to your doctor, pharmacist or nurse before taking this traditional herbal medicine if there is a family history of allergic reactions, as it may trigger an autoimmune response.

Talk to your doctor, pharmacist or nurse about taking this traditional herbal medicine if symptoms worsen or high fever occurs during the use of the product or if symptoms persist for more than 10 days.

Children and adolescents:

This traditional herbal medicine is not recommended for children and adolescents under the age of 12 years.

Other medicines and Lamberts Echinacea Cold & Flu Relief Tablets:

Do not take Lamberts Echinacea Cold & Flu Relief Tablets if you are taking any immunosuppressant medications such as ciclosporin or methotrexate.

Always remember to tell your doctor or pharmacist about any medication you are taking including herbal medicines such as this one or other medicines that didn't require a prescription.

Pregnancy, breastfeeding and fertility:

The use of Lamberts Echinacea Cold & Flu Relief Tablets is not recommended while pregnant or breastfeeding. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, ask your doctor, pharmacist or nurse for advice before taking this medicine.

Driving and using machines:

No studies have been performed on the effects of this Traditional Herbal Medicine on the ability to drive and use machines. Make sure you know how this traditional herbal medicine affects you before you drive or use machinery.

3. How to take this traditional herbal medicine

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

For oral short term use only

Adults, the elderly and adolescents over 12 years:

The recommended dose is 1 tablet twice a day.

Swallow the tablets whole with water.

Do not chew the tablets.

Do not take this traditional herbal medicine for more than 10 days. If symptoms worsen or persist for more than ten days or you get a high fever, consult your doctor, pharmacist or nurse.

Do not exceed the stated dose.

If you take more of this traditional herbal medicine than you should

If you take more than the recommended dose, speak to your doctor, pharmacist or nurse and take this leaflet with you.

If you forget to take this traditional herbal medicine

Continue to take your usual dose at the usual time, it does not matter if you have missed a dose. Do not take a double dose to make up for a forgotten dose.

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

4. Possible side effects

Like all medicines, this traditional herbal medicine can have side effects, although not everybody gets them. Echinacea can trigger allergic reactions in people with a tendency to develop allergic conditions. **Stop taking this traditional herbal medicine immediately if you experience any allergic reaction. Seek medical advice and take this leaflet with you.**

Side effects are listed below:

- Allergic skin reactions like hives, rashes or swelling
- Swelling of the facial area (*Quincke's Oedema*)
- Swelling of the skin due to fluid
- Shrinking of the airways in the lungs with obstruction (*bronchospasm*)
- Asthma and life threatening allergic reactions (*anaphylactic shock*)

Association with autoimmune diseases has been reported such as:

- Inflammation of the brain and spinal cord (*multiple sclerosis*)
- Painful lumps on the shins (*erythema nodosum*)
- Low blood platelet count (*immunothrombocytopenia*)
- Destruction of blood cells by antibodies (*Evans syndrome*)
- Dryness in the mouth and eyes with renal tubular dysfunction (*Sjorgen's syndrome*)

You may find that when you take Lamberts Echinacea Cold & Flu Relief Tablets you feel tingling, irritation or numbness in your mouth. This is due to the presence of alkylamides which are a natural part of the plant extracts in Lamberts Echinacea Cold & Flu Relief Tablets.

The frequency of side-effects is unknown.

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.

5. How to store this traditional herbal medicine

Keep this medicine out of the sight and reach of children.

Keep your tablet in the packaging until it is time to take them.

Do not store above 25°C.

Do not use Lamberts Echinacea Cold & Flu Relief Tablets after the expiry date which is stated on the box and blister pack. The expiry date refers to the last day of that month.

Do not throw away any medicines via 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 Lamberts Echinacea Cold and Flu Relief Tablets contains

- The active substance is:

Each tablet contains 105mg of dry extract equivalent to 630mg – 840mg of *Echinacea purpurea* (L.) Moench root (purple coneflower). Extraction Solvent Ethanol 75% v/v

- The other ingredients are:

Excipients in the extract: Maltodextrin, Colloidal Anhydrous Silica.

Tablet Core: Maltodextrin, Microcrystalline Cellulose, Sodium Croscarmellose, Stearic Acid, Magnesium Stearate, Colloidal Anhydrous Silica.

Tablet Coating: Hypromellose, Glycerol.

What Lamberts Echinacea Cold and Flu Relief Tablets looks like and contents of the pack

These tablets are clear coated, beige speckled, small oval tablets.

Each pack contains 30, 60 or 90 film coated tablets.

Not all pack sizes may be marketed.

Registration holder for this traditional herbal medicine: Lamberts Healthcare Ltd, 1 Lamberts Road, Tunbridge Wells, Kent TN2 3EH, United Kingdom.

Manufacturer of this traditional herbal medicine: Thompson & Capper Ltd, Hardwick Road, Astmoor, Runcorn, Cheshire WA7 1PH, United Kingdom.

Traditional Herbal Registration Number: TR2029/2/1

If you would like further information about this traditional herbal medicine or a version of this leaflet in large print, Braille or audio format, please contact:

Lamberts Healthcare Ltd, 1 Lamberts Road, Tunbridge Wells, Kent TN2 3EH, United Kingdom. Tel: +44 (0)1892 554312. Email: technical@lambertshealthcare.co.uk

This leaflet was revised in July 2017.

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