

## 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

**This is a traditional herbal medicinal product used for the temporary relief of sleep disturbances and mild anxiety. This is based on traditional use only.**

### 2. BEFORE YOU TAKE THIS PRODUCT

**Do not take this product if you:**

- Are **pregnant** or **breast-feeding**
- Are allergic to any of the ingredients (see section 6)
- Are under the age of 18 years
- Already taking a medicine which makes you drowsy
- Already taking a medicine for anxiety or sleep disorders

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

### 3. HOW TO TAKE THIS PRODUCT

**For mild anxiety:**

**Take one tablet twice a day.**

**For sleep disturbances:**

**Take 1 to 2 tablets half an hour before bedtime.**

Swallow the tablets whole with some water or other liquid. Do not chew.

As the effects of this product may not occur immediately, the tablets should be taken every day for 2-4 weeks.

**Do not exceed the stated dose (4 tablets per day).**

**If you take too much of this product (overdose)**

If you take more than the recommended dose, speak to a doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

**If you forget to take this product**

Continue to take your usual dose at the usual time, it does not matter if you have missed a dose.



**Please read this information carefully before you start taking these tablets. It contains some important information about this product. Keep this leaflet with the tablets. You may want to read it again or show it to your doctor, pharmacist or refer to a qualified healthcare practitioner.**

### 4. POSSIBLE SIDE EFFECTS

Like all medicines, this product can have possible side effects. These are listed below:

- Nausea
- Abdominal Cramps

If any of the effects become troublesome or if you experience any other unexpected effects not listed in this leaflet, consult your doctor or pharmacist.

You must speak to a qualified healthcare practitioner if your symptoms worsen, if they do not improve after four weeks, or if any of the side effects become serious, or if you notice any side effects not mentioned in the leaflet.

### 5. HOW TO STORE THIS PRODUCT

Do not use your tablets after the expiry date. Return any out of date tablets to your pharmacist who will dispose of them. The expiry date is printed on the box and the blister pack. The expiry date refers to the last day of that month.

Do not store above 25°C. Store in the original packaging. Keep the tablets out of sight and reach of children.

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

Medicines should not be disposed of via waste water or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help protect the environment.

### 6. FURTHER INFORMATION

Each film coated tablet contains 400mg of extract (as dry extract) from Valerian root (*Valeriana officinalis* L.) **(equivalent to 2000mg – 2400mg of Valerian root).**  
Extraction Solvent: Ethanol 70% v/v.

This product also contains the following ingredients:

#### **Tablet core and coating**

Maltodextrin, Microcrystalline Cellulose, Hypromellose (E464), Polydextrose, Titanium Dioxide (E171), Curcumin, Copper Chlorophyllin, Medium Chain Triglycerides, Croscarmellose Sodium, Stearic Acid, Colloidal Anhydrous Silica & Magnesium Stearate.

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

Not all pack sizes are marketed.

If you would like further information about this product or for large print, Braille or audio version please contact:

**Traditional Herbal Registration Holder:**

**Vitabiotics Ltd, 1 Apsley Way, London NW2 7HF**

**Telephone: 020 8955 2662**

Manufacturer:

Thompson & Capper Ltd, Hardwick Road,  
Astmoor, Runcorn, Cheshire WA7 1PH.

Traditional Herbal Registration Number: THR 00387/0057

You can help make medicines safer by reporting any side effects to the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). Alternatively, you can get a paper Yellow Card form from your GP's surgery or pharmacy, or call free phone 0800 100 3352 (available 10am - 2pm Monday - Friday).

This leaflet was revised in March 2012.



  
**VITABIOTICS**