

1.3 Product Information

1.3.1 Package leaflet

PARTICULARS TO APPEAR ON THE PACKAGE LEAFLET

Package leaflet

A Homeopathic Medicinal Product

Noctura 6C tablets

Coffea arabica 6C
Passiflora incarnata 6C
Potassium bromide 6C
Valeriana officinalis 6C

Please read all of this leaflet carefully before taking this medicine, it contains important information.

Please keep this leaflet; you might need to read it again.

1. What is this medicine for

Noctura is a homeopathic medicinal product used within the homeopathic tradition to aid sleep and for the temporary relief of sleep disturbances.

2. Before taking this medicine

- Do not take this medicine if you are under 18 years old.
- Do not take this medicine if you are allergic to any of the ingredients, see section 6.
- This product contains lactose and sucrose. If you have been told by your doctor that you have an intolerance to some sugars, consult your doctor before taking this medicine.
- Talk to your doctor or pharmacist before taking this medicine if you are:
 - taking any other medicines, including those bought without a prescription.
 - pregnant or breastfeeding.
- **Driving and using machines** if you feel sleepy, do not drive or use machines.

3. How to use this medicine

Directions

For oral use

For adults and the elderly

Take 2 tablets 4 hours before retiring and 2 tablets immediately before retiring. A further 2 tablets may be taken during the night if required.

Tablets to be sucked or chewed.

If symptoms worsen, or persist after 7 days, consult your doctor or qualified healthcare practitioner.

Do not exceed the stated dose.

If you forget to take this medicine, continue with the 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 missed dose.

If you take too much of this medicine speak to a doctor or pharmacist and take this leaflet with you.

4. Possible side effects

This medicine is not expected to cause any side effects. However, consult a doctor or qualified healthcare practitioner if the symptoms worsen, or persist for more than 7 days or if any side effects occur.

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 report any suspected adverse reactions 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 medicine

- Keep all medicines out of sight and reach of children.
- Do not store above 25°C. Store in original packaging in order to protect from moisture.
- Do not use after expiry date (EXP) shown on carton and blister. This expiry date refers to the last day of that month.
- Return any unused medicine to your pharmacist for safe disposal.

6. Further information

What is in this medicine

Active ingredient

Each tablet contains: Coffea arabica 6C, Passiflora incarnata 6C, Potassium bromide 6C, Valeriana officinalis 6C

Also contains

Lactose, Sucrose, Stearic acid, Magnesium stearate

What does the medicine look like

Noctura are biconvex circular white to off-white tablets.

There are 72 tablets in a pack.

National rules authorisation holder and manufacturer is:

A Nelson & Co Limited, 5-9 Endeavour Way, Wimbledon, London, SW19 8UH, UK

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This leaflet is available on request in formats suitable for the blind & partially sighted, please telephone: +44 (0)20 8780 4200

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