

Package Leaflet: Information for the User

Menoforce Sage tablets Sage dry extract

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 12 weeks.

What is in this leaflet:

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

1. What Menoforce is and what it is used for

Menoforce is a traditional herbal medicinal product containing the extract of fresh Sage leaves.

It is used to relieve:

- Menopausal hot flushes
- Excessive sweating

This is based exclusively on long-standing use.

Menoforce is for use in adults.

2. What you need to know before you take Menoforce

Do not take Menoforce

- If you are allergic to Sage or any of the other ingredients in this product (listed in section 6).
- If you are pregnant or breast-feeding.

Warnings and precautions

- Talk to your doctor if your symptoms worsen or do not improve within 12 weeks.
- Excessive sweating can sometimes be a sign of a more serious underlying condition. If you are concerned see your doctor.

Children and adolescents

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

Other medicines and Menoforce

- Do not take this product if you are taking barbiturates or benzodiazepines (used as tranquillisers).
- 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 Menoforce.

Pregnancy and breast-feeding

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

Driving and using machines

- This product may affect your ability to drive or use machines. If you are affected do not drive or use machinery.

Menoforce contains sucrose

- If you have been told by your doctor that you have an intolerance to some sugars, talk to your doctor before taking this product. It may not be suitable for you as it contains sucrose laurate.

3. How to take Menoforce

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 (18 years and over): Take 1 tablet daily.

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

Enough data has not been gathered to establish the safety of this product for long term use.

If you take more Menoforce than you should

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

If you forget to take Menoforce

- 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.

4. Possible Side Effects

No side effects have been reported with the use of products containing Sage extract.

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 6764971
Fax: +353 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 Menoforce

- 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.
- Use within 4 months of opening.
- This product does not require any special storage conditions.
- Do not use this product if you notice a change in appearance. The tablets should be olive green to yellow brown in colour and speckled.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away any medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Menoforce contains

Each tablet contains 51 mg of dry extract from fresh Sage (*Salvia officinalis* L.) leaves (equivalent to 795-1,370 mg of fresh herb). Extraction solvent: Ethanol 68% V/V.

The other ingredients used for the tablet are microcrystalline cellulose, sucrose laurate croscarmellose sodium, glycerol distearate and silica, colloidal anhydrous.

What Menoforce looks like and the contents of the pack

Menoforce tablets are oblong in shape, olive green to yellow brown and speckled. Menoforce is available in packs containing 30 and 90 tablets. Not all pack sizes may be marketed.

Traditional Herbal Registration Holder

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This leaflet was last revised in 06/2021.

What is Sage?

Sage is a flowering plant which is native to the Mediterranean. It is the extract of Sage leaves which is used to make this product.

You should also know

A.Vogel Ireland runs a helpline by phone and email which can provide you with further information.

E-mail: enquiries@avogel.ie

Phone: 1 890 930 070

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