

PACKAGE LEAFLET: INFORMATION FOR THE USER

Venaforce Varicose Veins gastro-resistant tablets

Horse Chestnut seed 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 2 weeks.

What is in this leaflet

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

1. WHAT VENAFORCE IS AND WHAT IT IS USED FOR

Venaforce is a traditional herbal medicinal product containing the extract of fresh Horse Chestnut seeds.

It is used for relieving the symptoms of varicose veins such as:

- Tired, heavy legs
- Aching legs

This is exclusively based on long-standing use.

Venaforce is for relieving the symptoms of varicose veins in adults. Varicose veins appear when veins lose their elasticity. Blood then gathers, causing swelling and discomfort.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE VENAFORCE

Do not take Venaforce

- If you are allergic to:
 - Horse Chestnut (*Aesculus hippocastanum*) seed. This product contains Horse Chestnut seed.
 - Any of the other ingredients of this product (listed in section 6).

Warnings and precautions

- See your doctor as soon as possible if you have:
 - Swelling, increased heat or redness of the skin around the affected vein
 - A hard swelling in the affected vein
 - Hardness under the skin around the affected vein
 - Severe pain
 - Sudden swelling of one or both legs
 - A heart or kidney problem
 - Leg ulcers or if you notice them developing, see your doctor. Varicose leg ulcers can arise on your lower legs as a result of varicose veins.
- See your doctor if your symptoms worsen or do not improve within 2 weeks.

Children and adolescents

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

Other medicines and Venaforce

- You can take this product with other medicines.
- 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 Venaforce.

Pregnancy and breast-feeding

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

Driving and using machines

- This product has no known effect on your ability to drive or use machines. Make sure you know how this product affects you before you drive or use machinery.

Venaforce contains soya

- If you are allergic to peanut or soya, do not take this medicinal product.

3. HOW TO TAKE VENAFORCE

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 and older people: Take 1 tablet twice daily immediately after food. Tablets should be swallowed whole. Do not chew. Chewing the tablets will destroy their gastro-resistant coating and stop this product from working properly.

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

If you take more of Venaforce than you should

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

- 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

Like all products, this product can cause side effects, although not everybody gets them.

Minor side effects

Digestive symptoms

- Feeling sick
- Vomiting
- Wind
- Diarrhoea
- Stomach discomfort

Stop taking this product if you find these are troubling you. Talk to your doctor, pharmacist or nurse if you are concerned.

These side effects are uncommon and likely to affect less than 1 in every 100 people.

Skin reactions

- Itching (pruritis)
- Rash
- Red, itchy spots (urticaria)
- Redness of the skin (erythema)
- Eczema

Stop taking this product if these occur.

These side effects are rare and likely to affect less than 1 in every 1,000 people.

Other side effects

Headache and dizziness have also been reported but it is not known how frequently they may 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 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 VENAFORCE

- 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.
- This medicinal product does not require any special storage conditions.
- Do not use this product if you notice a change in appearance. The tablets should be yellowish-beige in colour.
- Do not throw any medicines away via wastewater or 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 Venaforce contains

Each gastro-resistant tablet contains 157.5-225.0 mg of extract (as dry extract) from fresh *Aesculus hippocastanum* L., semen (Horse Chestnut seed) corresponding to 50 mg triterpene glycosides, calculated as anhydrous β -aescin. Extraction solvent: Ethanol 60% m/m.

The other ingredients used for the tablet are microcrystalline cellulose, maize starch, colloidal anhydrous silica, soya polysaccharide and copovidone.

The tablet coating contains methacrylic acid – ethyl acrylate copolymer (1:1) dispersion 30 per cent, methacrylic acid – methyl methacrylate copolymer (1:1), talc and triethyl citrate.

What Venaforce looks like and contents of the pack

Venaforce tablets are oval-shaped and yellowish-beige in colour. Venaforce is available in packs containing 30 or 60 gastro-resistant tablets. Not all pack sizes may be marketed.

Traditional Herbal Registration Holder

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What is Aesculus?

Aesculus, also known as Horse Chestnut, is a tree which is widespread throughout Europe. It produces seeds and it is the extract of these seeds which is used to make this product.

You should also know

The tablets have a gastro-resistant coating to ensure they pass through the stomach without breaking down. They are then absorbed further down the digestive tract.

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

E-mail: enquiries@avogel.ie

Phone: 0818 930 070

You can get a larger print or audio version of this leaflet. Call this number: 0818 930 070.