



Echineeze®

Echinacea tablets

Echinacea purpurea root extract

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. However, you still need to use this product carefully to get the best results from it.

Keep this leaflet. You may need to read it again.

Ask your qualified healthcare professional e.g. a doctor or pharmacist if you need more information or advice.

You must consult a doctor if symptoms worsen, or do not improve after 10 days.

If any side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor.

What is in this leaflet:

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

1. WHAT THE PRODUCT IS AND WHAT IT IS USED FOR

This product is a traditional herbal medicinal product used to relieve common cold and flu-like symptoms, exclusively based on long-standing use. This product is indicated for use in adults and adolescents over 12 years.

Each tablet contains 62.3mg of extract (as dry extract from *Echinacea purpurea* (L.) Moench, radix (equivalent to 373.8mg - 436.1mg of Purple coneflower root)
Extraction solvent: ethanol 30%v/v.

This is a traditional herbal medicinal product for use in specified indication(s) exclusively based upon long-standing use.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE THIS PRODUCT

This product is not suitable for children under 12 years of age.

Do not take this product if you are allergic to:

- Echinacea or products from the same plant family: (Asteraceae compositae) such as daisies, marigolds or artichokes.
- any of the other ingredients of this product. (See section 6 further information).

or if you suffer from:

- frequent allergic reactions such as hives (urticaria), eczema, asthma.
- the infection: tuberculosis.
- connective tissue disease with formation of clumps of cells (sarcoidosis) mainly occurring in the lymph nodes, lungs and liver.
- auto-immune diseases such as inflammation of the connective tissue (collagenosis) or multiple sclerosis.

- conditions which decrease your natural response to infection (eg. HIV infection or AIDS).
- are on therapy to reduce your natural response to infection (immunosuppression eg: chemotherapy or radiotherapy for cancer; history of organ or bonemarrow transplant).
- blood disorders involving the white blood cell system such as low white cell count due to bone marrow disorders (agranulocytosis) or blood cell cancer (leukemias).

or if you are already taking immunosuppressant medication such as ciclosporin or methotrexate.

Take special care with this product:

- If there is a family history of allergic reactions.
- Because Echinacea can trigger auto-immune diseases
- If your condition worsens, or you get high fever while using this product, or symptoms continue for more than 10 days, see your qualified healthcare professional e.g. a doctor or pharmacist.
- Do not exceed stated dose.

Taking other medicines.

DO NOT TAKE this product if you are taking any medicine that affects your immune system such as ciclosporin or methotrexate.

Please tell your doctor or pharmacist if you are taking any other medicines, including those obtained without prescription.

Pregnancy and breastfeeding.

Do not take this product if you are pregnant or breastfeeding, because there is no evidence that it is safe to do so.

3. HOW TO TAKE THIS PRODUCT

Adults, elderly and children over 12 years: Swallow 1 tablet 3 times a day. This means a maximum daily dose of 187mg *Echinacea purpurea* extract, equivalent to between 1121 - 1308mg purple coneflower root. Start at the first signs of a common cold. Do not use for more than 10 days.

Do not exceed stated dose. See your qualified healthcare professional e.g. a doctor or pharmacist if your condition worsens, you get a high fever while using this product or symptoms persist for more than 10 days.

Not suitable for children under the age of 12 years.

If you take too much of this product (overdose)

There are no reports of any adverse effects of overdosing, but if you have taken more than you should and feel unwell, talk to a qualified healthcare professional e.g. a doctor or pharmacist as soon as possible.

If you forget to take this product.

Do not take a double dose to make up for a forgotten dose. Take the next dose when it becomes due.

If you stop taking this product.

There are no reported adverse effects associated with stopping this product, however if you feel unwell talk to a qualified healthcare professional e.g. a doctor or pharmacist as soon as possible.

4. POSSIBLE SIDE EFFECTS

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

The frequency of the side effects is not known.

The possible side effects include:

- allergic reactions such as swelling, hives or rashes.
- swelling of the skin due to fluid.
- swelling of the facial area (Quinke's oedema).
- shrinking of the airways of the lungs with obstruction (bronchospasm).
- asthma and life threatening reactions (anaphalactic shock).

Echinacea can trigger allergic reactions in patients who have a tendency to allergic reactions.

Association with auto-immune diseases has been reported such as:

- inflammation of the brain and spinal chord (disseminated encephalitis).
- 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 eye with kidney tubular dysfunction (Sjogren Syndrome).

A decrease in the number of white blood cells (leucopenia) may occur in long term use (more than 8 weeks).

Stop taking the product immediately if you experience any allergic reaction.

If you are concerned about any side effect, if a side effect becomes serious, or if you notice a side effect not listed in this leaflet, please tell your qualified healthcare professional e.g. a doctor or pharmacist.

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**.

Website: www.hpra.ie

By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE THIS PRODUCT

Keep out of the sight and reach of children.

Do not store the tablets in a place where the temperature goes above 25°C.

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.

Do not use this product if you notice any unusual

discolouring or softening of the tablets as this may mean that they have deteriorated.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What this product contains: Each tablet contains 62.3mg of extract (as dry extract from *Echinacea purpurea* (L.) Moench, radix (equivalent to 373.8mg - 436.1mg of Purple coneflower root). Extraction solvent: ethanol 30%v/v. It also contains other non-active ingredients. These ingredients are: Herbal extract: Maltodextrin, Silica colloidal hydrated. Tablet core: Calcium hydrogen phosphate dihydrate; Cellulose microcrystalline; Silica colloidal hydrated; Croscarmellose sodium and Magnesium stearate. Natures Aid Echinacea tablets are beige, circular, convex, uncoated tablets and are available in packs of 30,60,90,120 or 180 tablets (not all sizes may be marketed).

Registration number: TR 0126/311/001

Traditional Herbal Registration Holder and Manufacturer:

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This leaflet was last approved in 09/2022

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