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Flat size: 120mm x 180mm

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**PACKAGE LEAFLET: Information for the Patient**

**HOLLAND & BARRETT**

**LEMON BALM HARD CAPSULES**  
**Melissa leaf dry extract**

**Important Notes**

Please read this leaflet carefully before you take this traditional herbal medicine because it contains important information for you:

- ◆ Always take this traditional herbal medicine exactly as described in this leaflet or as your doctor or pharmacist has told you
- ◆ Keep this leaflet. You may need to read it again
- ◆ Ask a healthcare professional e.g. a doctor or a pharmacist if you need more information or advice
- ◆ If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet
- ◆ You must talk to a doctor if you feel worse or do not feel better after taking this traditional herbal medicine

**What is in this leaflet**

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

**1 - What this traditional herbal medicine is and what it is used for**

Holland & Barrett Lemon Balm Hard Capsules is a traditional herbal medicinal product used for the temporary relief of symptoms of mild mental stress, to aid sleep and for mild digestive complaints such as bloating and flatulence. This is exclusively based upon long-standing use.

**2 - What you need to know before you take this traditional herbal medicine**

Do not take this traditional herbal medicine if you are allergic to Lemon Balm Leaf or to any of the ingredients in this traditional herbal medicinal product (listed in section 6 of this leaflet).

**Children and adolescents**

Do not give this traditional herbal medicine to children or adolescents under 18 years as it is not known if it is safe to do so.

**Other medicines and Holland & Barrett Lemon Balm Hard Capsules**

Always remember to tell your doctor or pharmacist about any medication you are taking including herbal medicines such as this one, or other medicines that didn't require a prescription.

**Pregnancy, breastfeeding and fertility**

Do not take this traditional herbal medicine if you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby as it is not known if it is safe to do so.

**Driving and using machinery**

Lemon Balm Hard Capsules may cause drowsiness. If you are affected, do not drive or operate machinery.

**3 - How to take this traditional herbal medicine**

Always take this traditional herbal medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

**For oral short-term use only.**

**Adults and older people:**

Take 2 capsules 3 times daily. Swallow the whole capsule with water.

**Do not exceed the stated dose.**

If symptoms persist, worsen or do not improve after 2 weeks use of this traditional herbal medicine, a qualified healthcare professional e.g. a doctor or a pharmacist should be consulted.

**If you take too much of this traditional herbal medicine (overdose):**

Speak to a qualified Health Care Professional e.g. a doctor or pharmacist immediately and take this leaflet and bottle with you.

**If you forget to take this traditional herbal medicine:**

Do not take a double dose to make up for the missed dose(s). Continue to take your usual dose at the usual time. It does not matter if you have missed a dose.

If you have any further questions on the use of this traditional herbal medicine, ask a doctor or pharmacist.

More information on back panel

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#### 4 - Possible side effects

Tell a qualified Health Care Professional e.g. a doctor or pharmacist if you notice any side effects

##### 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](http://www.hpra.ie)  
E-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie)

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

#### 5 - How to store this traditional herbal medicine

- ◆ Keep this traditional herbal medicine out of sight and reach of children
- ◆ Keep this traditional herbal medicine in the bottle until it is time to take it
- ◆ Do not use this traditional herbal medicine after the expiry date which is stated on the carton and bottle label after 'EXP'. The expiry date refers to the last day of that month
- ◆ Do not store above 25°C
- ◆ Keep the bottle tightly closed in order to protect from light and moisture

#### 6 - Contents of the pack and other information

**What this traditional herbal medicine contains:**  
Each hard capsule contains 171mg of extract (as dry extract) from *Melissa officinalis* L., folium (equivalent to 684mg-1026mg of Lemon Balm leaf).

Extraction solvent: Ethanol 50% v/v.

**This traditional herbal medicine also contains the following inactive ingredients (excipients):**

Calcium hydrogen phosphate dihydrate,  
Magnesium stearate, Silica colloidal hydrated.

**Inactive ingredients (in the extract):**

Maltodextrin, Silica colloidal anhydrous.

**Capsule shell:** Hypromellose.

**What Holland & Barrett Lemon Balm Hard Capsules look like and contents of the pack:**

Each bottle contains 30 clear two piece hard capsules with green/brown fill.

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##### Traditional Herbal Registration Holder

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Samuel Ryder House  
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